



**BACK TO SCHOOL
MAKING THE CASE
FOR CONTINUING
EDUCATION** {page 35}



**ESTEVEZ
LIKENS
SHEEN
TO FREDO
CORLEONE** {page 21}

THRiVetastic

THRIVE
chequing™

Finally, a no-fee daily chequing account that actually pays you interest.

ingdirect.ca

TORONTO

metro

Tuesday, March 22, 2011
www.metronews.ca

News worth sharing.

ING DIRECT
save your money®



Rub-a-dub. Scrub

► Jin Sasaki has his hair shampooed by his mother, Rina, as he takes a bath for the first time in three days yesterday at a shelter in Yamada town, Japan.

TETSUYA SAKUMA/THE YOMIURI SHIMBUN/THE ASSOCIATED PRESS

Crisis to enter new, longer phase

Officials raced yesterday to restore electricity to Japan's leaking nuclear plant — a key step that will, in theory, power up the maze of motors, valves and switches that help deliver cooling water to the overheated reactor cores. But getting the power flowing will hardly be the end of their battle: Bringing under control the complex's mangled machinery and partly melted reactor cores could take weeks.

The war on fraternities

Councillor just says no to disruptive parties {page 3}

Opposition rebukes Tories

Committee agrees on contempt recommendation {page 8}

Grits disman with \$1B plan

► Internationally renowned privatization expert says he can reveal valuable loopholes in 407 lease ► Province's lawyers have balked at proposed compensation scheme

The architect of the \$3.1-billion privatization of Highway 407 says an additional \$1 billion could be returned to Ontarians in reduced tolls and property taxes if the provincial government were willing to act.

Jodie Parmar, former vice-president of the Ontario government's privatization secretariat and a key player in the City of Toronto's sell-off of Union Station, has spent more than a year trying to pitch a novel money-saving scheme.

Expressing surprise that government lawyers and advisers have yet to discover the loopholes allowing the province to control tolls and force the 407 company to pay more property taxes to municipalities bordering the highway, Parmar is reluctant to divulge his secret.

But he confided that buried in the 15-centimetre-thick privatization contract and the 1999 provincial legislation that enabled it are little-known sections favourable to Queen's Park. "It's somewhat arcane, but there is a very specific section that talks about the government and 407 sitting down and talking every five years and talk-

The consultant's cut

Jodie Parmar expects the government to pay him handsomely for his advice.

► Parmar's initial proposal is to collect 2.5 per cent of anything he finds, a percentage he likens to a real estate agent's fee.

► While he emphasizes he is willing to be flexible on compensation and would accept far less, he noted that the \$1 billion is money the province might otherwise never see.

ing about what needs to change," Parmar said, declining to elaborate.

Chris Morley, Premier Dalton McGuinty's chief of staff, said he would be willing to meet with Parmar if not for the unusual demands. "His requests, including a job until death as a deputy minister or an appointment to an Ontario hydro organization, are just not the way the government conducts business," said Morley.

TORSTAR NEWS SERVICE

INTRODUCING SPEEDBOOST.

INCLUDED WITH ROGERS HI-SPEED INTERNET

SWITCH TODAY. Details at rogers.com/speedboost

ROGERS

Leave your worries behind.

Travel with American Express® Travellers Cheques and you could win \$10,000 towards your next vacation*.

Visit a BMO® branch to purchase \$1,000 in any foreign currency American Express Travellers Cheques and you could win \$10,000. Best of all, they're available commission-free to BMO Bank of Montreal customers with most Everyday Banking Plans.

Your money is safe with Travellers Cheques; plus they're accepted at thousands of locations worldwide, never expire, and are refunded – usually within 24 hours – if lost or stolen†. For added assurance, purchase BMO Travel Insurance; which includes Travel Medical, Trip Protection and Optional Trip Cancellation.

For details, visit bmo.com/travelcheques or a branch today.



*To qualify for entry, purchase a minimum of \$1,000 CDN equivalent in any foreign currency American Express® Travellers Cheques at any BMO Bank of Montreal branch between 12:00 AM EST on March 1, 2011 and 8:00 PM EST on May 31, 2011 (the "Contest Period"). The contest is open to all residents of Canada who have reached the age of majority in their province/territory of residence at the time of entry. There will be one (1) prize available to be won consisting of \$10,000 CDN payable to the winner in the form of American Express® Travellers Cheques. Odds of winning depend on the number of eligible entries received. Draw date: July 15, 2011. Skill-testing question required. For complete rules and regulations, including opt-out and no purchase necessary entry, visit www.bmo.com/travelcheques or your local BMO Bank of Montreal branch for details. Travellers Cheques include the following currencies: U.S. Dollar, British Pound, EURO, Australian Dollar and Japanese Yen. †Terms, conditions, and restrictions apply. Identification and proof of purchase required. ®Registered trade-marks of Bank of Montreal. ®Used by Amex Canada Inc. under license from American Express.

Mentally disabled man dies after beating

The latest victim in a string of vicious attacks on mentally disabled residents in Parkdale has died.

George Wass, 62, was found yesterday around 5:30 a.m. after collapsing in the second-floor hallway of the boarding house that he shares with 13 others. Staff called 911 and Wass was taken to St. Joseph's hospital, where he was pronounced dead.

Described as a "gentle giant," the six-foot-three Wass

was outside smoking on the steps of the rooming house near Queen Street and Jamieson Avenue Friday morning when he was beaten by a man wearing a balaclava. He suffered two broken ribs, cuts to his head and face, and a black eye.

Wass was taken to hospital after his attack and later released. It's unknown if his death is connected to injuries from the beating.

Friday's attack was the

fifth since January in a series of beatings that have targeted mentally ill Parkdale residents. It was also the third attack outside Wass's boarding house.

Police believe the same person is responsible for all five beatings. The attacker is described as a stocky man, between five-foot-eight and six feet tall, who wears a balaclava and sometimes travels on a bicycle. They have no suspects.

TORSTAR NEWS SERVICE



► George Wass, 62, was randomly attacked while smoking on his porch Friday. Karen Polissak, 50, called him an ambulance.

Uphill struggle to rein in fraternities

► Houses 'working very hard' to improve reputation: Representative

Fraternities are a fact of life around the Annex.

Trinity-Spadina Coun. Adam Vaughan is doing what he can to rein in the rowdiest of the fraternities and sororities in the area, but it has not been easy.

"It has to stop," Vaughan says. "You can't steal park furniture or light bonfires or throw beer bottles at people's cars or urinate on everyone's front steps. And most importantly, noise: It has to come under control."

In February, Toronto council approved extending a two-month moratorium on movie shoots at seven "problem" houses in an attempt to keep the frats from making a quick buck so as to fund wild parties.

When the new harmonized zoning bylaw passed last year, the city created a land-use category for fraternity and sorority houses so they could be licensed and

24 The number of fraternities and sororities in the Annex.

governed in a way similar to rooming houses or group homes. Vaughan says the intent is to create "an accountability model with a standard set of expectations" for fire safety, noise and property standards.

The frats fought back, launching a Facebook campaign and meeting with condo boards, the Annex Residents' Association and city council.

This month, council will start defining what constitutes fraternities and sororities for a new licensing regime under the municipal code, Vaughan says.

Adam Carson, who represents the Greek houses, says the properties are not rooming houses and should not be governed as such.

TORSTAR NEWS SERVICE



► Phi Kappa Sigma at 163 St. George St.

1
news



Leaders apologize for botched investigation that haunted town for decades. Scan code for story.

- 1 Download the free ScanLife application with your smartphone at 2dscan.com
- 2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

As catastrophe and unrest dominate headlines, investors look to earnings season. Allan Small has more at metronews.ca/investing.

Follow us on Twitter @metrotoronto

Say "Oui" to Fresh & Delicious

Enjoy our **Croque Monsieur** with Black Forest ham, Gruyère cheese, Dijon mustard & garlic aioli paired with our **Cream of Leek and Potato Soup** with homemade cheddar croutons.

MICHEL'S Bakery Café.

visit us at www.michelsbakerycafe.com to find a café

*Applicable taxes extra. At participating cafés only. While quantities last.



\$8.29*
Pairing



► Unidentified family members of Jordan Manners leave court last year after a judge declared a mistrial in the high school shooting death of Manners.

Second trial in Manners school shooting begins

► Two men accused of first-degree murder ► Identified as J.W. and C.D. because they were 17 at time of shooting

Jordan Manners was shot in the chest at such close range at his Toronto high school there was a powder burn on his jacket, court heard yesterday as the second trial in the city's first fatal school shooting began.

In his opening statement, assistant Crown attorney Aaron Del Rizzo said the 15-year-old boy buckled and fell to the floor in a stairwell outside the school's gymnasium after

being shot in the heart with a .25-calibre bullet.

Teachers and school staff on the scene at C.W. Jefferys Collegiate Institute didn't immediately realize the teen had been shot, Del Rizzo said of the May 2007 shooting. There was no exit wound and therefore there wasn't a lot of blood, he told the court.

But after seeing a dark ring on his white jacket, officials took off the boy's

clothes and saw "a small hole in the middle of his chest," Del Rizzo said.

The prosecutor said jurors would hear that shortly after Manners collapsed he was having trouble breathing and speaking, and had urinated.

Don McLeod, one of the lawyers for J.W., said outside court the two accused are anxious for the case to be resolved.

THE CANADIAN PRESS

TTC's new customer expert returns from London Tube

Chris Upfold, the newly appointed TTC chief of customer service, has a big task ahead of him.

The position, announced yesterday, is the first of its kind for the TTC and encompasses all areas of customer service, with the goal of making sure customers have the best transit experience possible.

Following a series of complaints from the public last year, TTC management had an independent panel review customer service. This hire was the first recommendation in the report prepared last year.

"There is always going to be occasions when there are delays and disruptions in the system," said TTC spokesperson Brad Ross. "It's how you deal with those disruptions and de-



► Chris Upfold

lays, and Chris, I'm sure, will bring some insight to that."

Upfold has spent the last 10 years working for the London Underground in a wide range of positions, including head of revenue, customer experience, and service perform-

ance.

"His experience in London, we felt, would be an asset here in Toronto," said Ross.

"He is a Canadian, so, in a sense, he is coming home now and bringing with him some valuable insights."

There are a total of 78 recommendations in the advisory panel report, including another requirement for a customer service strategy.

"There are many things that are in the works," Ross said. "A lot of the recommendations are not something that you can do quickly."

"We do have a plan and we are forging ahead, the biggest of them all is the appointment of an individual to oversee the customer service efforts."

● KYLA SERGEJEV

Driver was five times over limit, police say

Provincial police allege a woman who crashed into a snowbank in Bracebridge Friday had a blood-alcohol level that was five times the legal limit.

Allyson Rose Deruyck, 29, of Bracebridge, is charged with impaired driving and driving with a blood-alcohol level over .08. THE CANADIAN PRESS

Charges laid for open liquor in car

A 49-year-old woman is facing charges after police allege she was driving drunk with open liquor — and her two grandchildren — in the car.

Police say they spotted a vehicle weaving over the centre line and speeding Saturday on Highway 11 in Bracebridge.

THE CANADIAN PRESS

Inmate dead after prison fight

An inmate is dead following an altercation at the Millhaven penitentiary just west of Kingston.

Assistant warden Vicki Willis said in a statement Jordan Trudeau, 29, was involved in a violent incident, adding two were injured. Willis said that in order to gain control of the situation, chemical agents were deployed and shots were fired. THE CANADIAN PRESS



Fast forward to spectacular TV with Bell.

Bell TV is the best way to enjoy the shows and movies you love.

- Stunning HD picture quality - 10X better than regular cable
- Canada's best HD PVR¹ - watch what you want, when you want
- Hit content On Demand

Get all of this on Satellite TV or the new Fibe™ TV - now available in a growing number of Toronto neighbourhoods.

Visit a Bell store • 1 866 694-9995 • bell.ca/HDTV



FREE HD PVR

for up to 3 years when you subscribe to more Bell services.²



Despicable Me available on Vci and On Demand

Bell watching TV
just got
better

Available at the following Bell stores:

AJAX
Durham Centre

ALLISTON
36 Young St.

AURORA
14751 Yonge St.
SmartCentres Aurora

BARRIE
44 Cedar Point Dr.
632 Yonge St.
Barrie Power Centre
Georgian Mall

BOLTON
SmartCentres Bolton

BOWMANVILLE
Clarington Place

BRAMPTON
59 First Gulf Blvd
100 Great Lakes Dr.
10086 Hurontario St.
Brantford City Centre
Shopper's World

BURLINGTON
1100 Walker's Line
Appleby Crossing
Burlington Mall
Mapleview Mall

CAMBRIDGE
489 Hespeler Rd.
Cambridge Centre

COBourg
Northumberland Mall

ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre

GEORGETOWN
330 Guelph St.

LINDSAY
229 Kent St.
Whitney Town Centre

MAPLE
2810 Major Mackenzie Dr.

MARKHAM
7351 Woodbine Ave
Market Village
Markville Shopping Centre
Pacific Mall

MILTON
377 Main St E

MISSISSAUGA
6865 Davand Dr.
980 Eglinton Ave. E.
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Mississauga Chinese Centre
Sheridan Centre
Square One Shopping Centre
Square One Shopping Centre
(kiosk)
Westgate SmartCentres

NEWMARKET
Upper Canada Mall

NORTH YORK
170 Rimrock Rd
Bayview Village
Centerpoint Mall
Crossroads Plaza
Empress Walk
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Yorkgate Mall

OAKVILLE
Hampshire Gate at Dundas
Oakville Place

ORANGEVILLE
114 Broadway Ave.

OSHAWA
Five Points Mall
Oshawa Centre

PICKERING
Pickering Town Centre

RICHMOND HILL
Hillcrest Mall
Richmond Heights Plaza
Time Square Shopping Centre

SCARBOROUGH
259 Morningside Ave.
Bridlewood Mall (kiosk)
Cedarbrae Mall (kiosk)
Malvern Town Centre
Parkway Mall
Scarborough Town Centre

SUDBURY
Brady Square
New Sudbury Centre
Southridge Mall

THORNHILL
Promenade Mall

TORONTO
2256 Bloor St.W.
209 Danforth Ave.
700 Gordon Baker Rd.
2171 Queen St. E
2323 Yonge St.
Chinatown Centre
College Park
Dufferin Mall
East York Town Centre
Eaton Centre
Eaton Centre II
Eglinton Square
Exchange Tower
Gerrard Square
Holt Renfrew Centre
Royal Bank Plaza
Scotia Plaza
Shops at Don Mills
Toronto Life Square
Yorkdale Shopping Centre
(kiosks)

UXBRIDGE
307 Toronto St. S.

VAUGHAN
Vaughan Mills
Vaughan Mills (kiosk)

WHITBY
Whitby Mall
Whitby SmartCentres

WILLOWDALE
Fairview Mall
Fairview Mall (kiosk)

WOODBIDGE
4080 Highway 7

SCHOOLS

Obey rules on equity policy: McGuinty

It's up to Ontario's school boards to ensure they adhere to the province's equity policy, Premier Dalton McGuinty said yesterday in the wake of reports that a student was banned from forming a gay-straight al-

liance at a Mississauga Catholic school.

McGuinty said the government is letting all school boards know that it is unacceptable to discriminate based on race, gender, religion and sexual orientation. "We are sending the message loudly and clearly to all boards that they must adhere to our equity policy," McGuinty said in the provincial legislature.

THE CANADIAN PRESS

Refugee complained of chest pain, inquest told

A Roma refugee who died of heart failure in immigration detention was thought to be faking chest pains to avoid his imminent deportation, a Toronto inquest has heard.

A visibly frail Jan Szamko was spotted in the immigration holding centre on Rexdale Boulevard, soiled in his own feces and urine, on Dec. 6, 2009, just hours before his scheduled removal flight from Canada.

The 31-year-old man was taken in a wheelchair

Health

► **Disorder** Jan Szamko had a chronic adrenal gland disorder that required medication.

to a segregated holding area and then transferred to the Toronto West Detention Centre, where he died two days later.

An autopsy found he died of heart failure.

TORSTAR NEWS SERVICE

Durham politicians aim to lose weight in 30 days

► **Oshawa Coun. Tito-Dante Marimpietri steps on the scales at Oshawa City Hall yesterday, much to the amusement of Mayor John Henry and Coun. Roger Bouma.**

► Council-on-a-diet idea came from Oshawa resident Rosemary McConkey

His pockets have been emptied of Oh Henry bars and he's lacing up his walking shoes. Oshawa Mayor John Henry is tackling his weightiest issue yet: Dropping 15 pounds.

His loss will be food banks' gain as he joins a 30-day challenge to raise money for the hungry in Durham Region.

Henry and several councillors stepped on the scales at city hall yesterday to launch a campaign in which every dollar per pound pledged by supporters will go to Feed The Need, the region's food distribution warehouse.

With the taste of Tim Hortons chili lingering on his tongue, Henry vowed to lose some of the flab he has put back on since shedding 40 pounds on the election campaign trail last year.

"It's from being in my

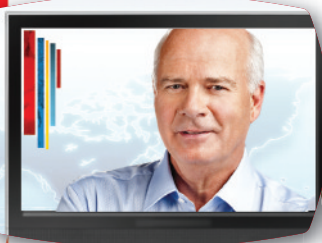
office on city business from 7:30 in the morning till late every day," he said, promising to walk more in a bid to trim back to a svelte 200 pounds.

With other municipal politicians sinking their teeth into the challenge, Henry is hoping Toronto Mayor Rob Ford will also put his money where his stomach is.

"I think he might pick up on it on his own once the word gets out," Henry said, treading lightly around the subject of his counterpart's heft. Ford has said he needs to lose 50 pounds.

"We're going to have some fun with it," Henry said, threatening to deliver pastries to Oshawa council.

Some councillors who signed on, like Tito-Dante Marimpietri and Roger Bouma, don't have a lot to lose. TORSTAR NEWS SERVICE

**Wherever you want it. However you want it.
CBC News has the Budget covered.**

Today at 4 pm – Tune in for **LIVE** coverage with **Peter Mansbridge** on **CBC Television & CBC News Network** and **Kathleen Petty** on **CBC Radio One**.

For insights throughout the day, **CBC News Network** will start coverage at 6 am, with **Evan Solomon** hosting a special **Power and Politics** at 2 pm.

Go to **CBCNews.ca** for live streaming and special features.
Plus, check out the new **CBC News App**.

SALES END
MARCH 31



WIN A MILLION DOLLARS A YEAR FOR 25 YEARS

SECONDARY PRIZES


**31 CHEVROLET
EQUINOX****



GET YOUR
TICKETS BY
MARCH 31

Know your limit
Play within it

knowyourlimit.ca

olg.ca
1-800-387-0098



**Vehicle prizes may not be exactly as shown. Winners may choose the vehicle or a payment of \$40,000. Banknote images used and altered with the permission of the Bank of Canada.

Government found in contempt of Parliament



► Prime Minister Stephen Harper's government is in contempt over its refusal to fully disclose the cost of its tough-on-crime agenda, corporate tax cuts and plans to purchase stealth fighter jets, a 12-page report concludes.

► Report concludes contempt over its refusal to fully disclose the cost of its tough-on-crime agenda, corporate tax cuts and plans to purchase stealth fighter jets ► If adopted, the Harper government would be the first in Canadian — or Commonwealth — history to be found in contempt

The Harper government has been found in contempt of Parliament by an opposition-dominated House of Commons committee.

But it may yet dodge the ignominy of becoming the first government in the Commonwealth to be formally cited with contempt.

Various procedural manoeuvres could ensure the committee's report doesn't come to a vote in the Commons this week.

Should the minority Conservative government fall over votes related to today's budget or a Liberal non-confidence motion Friday, the contempt report would become a dead letter and opposition parties would lose a potent cudgel with which to beat the To-

ries during a campaign.

The procedural jockeying essentially ensures the fate of Stephen Harper's minority government will most likely be determined by the budget — the Tories' preferred turf.

The government will almost certainly survive if the budget contains sufficient inducement to entice the support of one opposition party. It would be difficult for a party to support the budget but then bring down the government Friday over a Liberal confidence motion, which is expected to involve condemnation of the Conservatives for a series of ethical transgressions, including contempt of Parliament.

The vote on the committee's contempt finding,

'Prejudged'

Tory members of the committee issued a dissenting report accusing opposition members of producing a finding that is "simply a piece of partisan gamesmanship." They said opposition MPs ignored additional costing information provided by the government last week and "prejudged the outcome of the hearings before they had even begun."

whenever it comes, is not a matter of confidence. Hence, an opposition party that supported the budget could still register its disapproval of the government's lack of respect for Parlia-

ment without triggering an election.

That reality was reflected yesterday by NDP Leader Jack Layton, considered the leader most likely to support the budget. While a finding of contempt is "very serious," he said the budget is his party's "entire focus."

"The next item before us is the budget and that may determine everything else," Layton said.

Liberal Leader Michael Ignatieff blasted the government over "an unprecedented cascade of abuse" — including recently launched RCMP investigations into former Tory aides, electoral fraud charges laid against top Tory officials and the committee's contempt finding.

THE CANADIAN PRESS

Wife of accused killer thought he was with a shrink

Edmonton court heard yesterday that suburban dad Mark Twitchell lied to his wife about his job, his therapy and, according to the Crown, his desire to become a serial killer by murdering total strangers.

Twitchell's former wife Jess told jurors at Twitchell's first-degree murder trial that on the days he was allegedly carrying out his crimes, the note on the family kitchen calendar said he was at sessions with his psychiatrist.

Her world came crashing

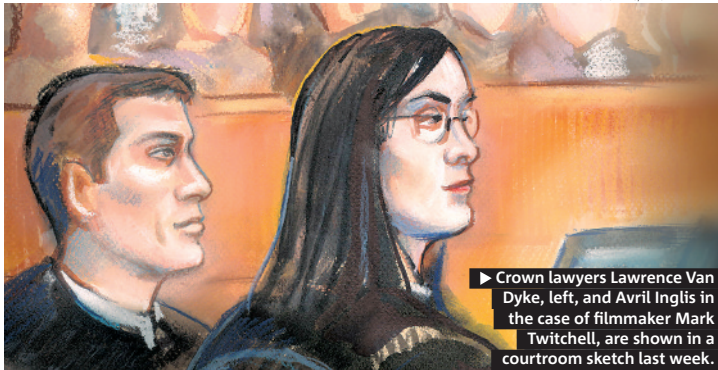
in, she testified, when she answered the door Oct. 20, 2008, her nine-month-old baby with her.

"Police came to our house and said they thought Mark had killed someone," she testified.

They said they were coming back with a search warrant. She recalled she began to cry.

"I took the baby and a couple hour's worth of things and I went to my mother's."

"That's the last day I saw Mark."



► Crown lawyers Lawrence Van Dyke, left, and Avril Inglis in the case of filmmaker Mark Twitchell, are shown in a courtroom sketch last week.

That was until yesterday when she took the stand at his trial.

Twitchell, 32, is charged with killing Johnny Altinger, 38, on Oct. 10, 2008, dismembering the body and dumping it in a sewer.

The prosecution has said it will submit Twitchell's diary as evidence because it relates the entire crime starting with the lead paragraph: "This is a story of my progression into becoming a serial killer."

THE CANADIAN PRESS

From take off to tee off.

Non-stop to Palm Springs.

One-way fares from Toronto:

Palm Springs **\$219***

Book by March 29 for travel on select days until April 30, 2011.*

Book today at westjet.com or call your travel agent.

Luxurious golf courses.

Unforgettable shopping that fits any budget.

Indulge in infused cuisine.

Rest and relax.



WESTJET

*Book by March 29, 2011 (11:59 p.m. MST) for travel on Wednesdays until April 30, 2011. Fares on other days may be higher. Taxes, fees and surcharges are extra where applicable. Fuel surcharge still applies to Air Miles™ redemption bookings. Seats at these fares are limited and may not be available on all flights. New bookings only. 100% non-refundable. Flights may not operate on certain days. Offer combinable with other fares. All fares shown are one-way. See westjet.com for details.

Hurry! \$0* offer ends March 31.

So many \$0 phones to choose from.

You can exhale now.



LG Breeze™

LG IQ™

LG Optimus One
with Google™

LG Shine Plus™
with Google™

Samsung
Advance™

LG Cookie Plus™

Pair with the Unlimited
Incoming Voice 30 Plan

\$30/mo.²

UNLIMITED

- Incoming calls³
- Nationwide Family Calling⁴
- Text, picture and video messaging⁵

PLUS, no activation or swap fees.⁶

Get on Ontario's biggest⁷ 4G mobile network.

telusmobility.com

TELUS
the future is friendly®

TELUS STORES & AUTHORIZED DEALERS

TORONTO

Bayview Village Shopping Centre
Bloor West Village
Dufferin Mall
Fairview Mall
Gerrard Square
Royal Bank Plaza
Scarborough Town Centre
Sherway Gardens
Shops at Don Mills
Toronto Eaton Centre
Toronto Exchange Tower
Woodbine Centre
Yorkdale Mall
25 York St.
2187 Queen St. E (The Beach)
2365 Yonge St. (North of Eglinton)
720 King St. W
455 Danforth Ave.
25 Davenport Rd.
727 Bloor St. W
1061 St. Clair Ave. W
29B St. Joseph St.
1500 Royal York Rd.
1750 The Queensway
980 Albion Rd.
2610 Weston Rd.
5050 Dufferin St.
2899 Steeles Ave. W
1184 Kennedy Rd.

WEST

Burlington Mall
Mapleview Mall
Milton Crossroads Centre
420 Main St.

Brampton

Bramalea City Centre
55 Mountnash Rd. (Springdale Sq.)
2880 Queen St. E (Hwy. 7 & Airport Rd.)

Mississauga

Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
2458 Dundas St. W
2585 Skymark Ave.
3024 Hurontario St.
6200 Dixie Rd.
34 Bristol Rd. E
4920 Torment Rd.

Oakville

Oakville Place
18 - 2501 Third Line
760 Pacific Rd.

NORTH

Markham

Markville Shopping Centre
Pacific Mall

Newmarket

Upper Canada Mall
1100 Gorham St.

Richmond Hill

Hillcrest Shopping Centre
11005 Yonge St.

Thornhill

Promenade Mall
7040 Yonge St. (Galleria)
7378 Yonge St.

Vaughan

Vaughan Mills
81 Zenway Blvd.
160 Cidermill Ave.
10019 Keele St.
4000 Hwy. 7

EAST

Ajax

RioCan Durham

Pickering

Pickering Town Centre

Oshawa

Oshawa Centre
Taunton-Harmony Plaza
1414 King St. E

Whitby

Brock-Taunton Power Centre

For more details on these great offers, visit your TELUS store, authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

► FUTURE SHOP

BEST BUY

Walmart

CELLULAR POINT

BLACK & DECKER

Device availability and prices may vary. (1) Available until March 31, 2011, for clients who activate or renew on a 3 year term. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. (2) Taxes, long distance, additional airtime, roaming and pay-per-use charges are extra. (3) No additional airtime charges for incoming calls received in Canada. Long distance charges of 40¢/minute apply on incoming calls if call is received outside of client's home calling area. (4) Must have at least two members on the same account, with a limit of five members per account. (5) Premium messages are not included. An additional 20¢ charge will apply for each text message or attachment sent outside of Canada and the US. Text messages sent or received while roaming internationally will be charged at 60¢/message. Video and picture messaging are only available in PCS and 1X digital coverage areas. Selected picture and video messaging capable phones are required. Clients with non-capable phones will receive a text message that includes a web address where they can view the picture or video. Multimedia messaging used while outside of Canada is charged as data roaming. Nationwide talk & text refers to local and Canadian long distance calls made to or received from your mobile phone and are subject to additional roaming and/or international charges. Text messages can only be sent and received from other mobile phones and are subject to roaming and international charges. (6) No activation or equipment swap fees for clients activating or renewing on any term before March 31, 2011. (7) Comparing the shared HSPA+ network available from TELUS to Rogers' public disclosure of HSPA+ network coverage for February 2011. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of TELUS Corporation, used under licence. All other trademarks are the property of their respective owners. © 2011 TELUS.

CANADIAN PLANES

► Growing calls for NATO to take over command, control of multinational operation ► U.S. leading it — for now

Canadian jet fighters have flown their first mission to enforce the no-fly zone over Libya.

Defence Minister Peter MacKay said the mission did not involve attacking ground targets in the North African country.

Four of the country's six CF-18s deployed overseas, and two Polaris air-to-air refuelling aircraft, took part in yesterday's operation out of their forward base in Trapani, Italy.

MacKay said the aircraft did not open fire in their patrol of the Libyan coast and returned safely to base.

"These high-level, strategic strikes are to dispose of airfields and the use of Libyan military assets that the Gadhafi regime is using to target civilians," he said at a briefing at National Defence headquarters.

The Canadian warplanes arrived on the weekend,



"Simply put: We want to disable their air force."

DEFENCE MINISTER PETER MACKAY

joining a coalition that has been conducting military operations aimed at ousting Libyan dictator Moammar Gadhafi.

The Harper government last week ordered the CF-18 Hornets to join the effort to impose a UN-mandated no-fly zone over the country, which has been gripped by uprisings against Gadhafi's four-decade regime.

The House of Commons is debating the Libyan crisis and Canada's military role, which includes HMCS Charlottetown, a frigate sailing with NATO's standing force

in the Mediterranean.

The government is also planning to introduce a motion during the debate, calling on all-parties to support the military deployment.

Prime Minister Stephen Harper worked the phones over the weekend with the opposition leaders to drum up support.

NDP Leader Jack Layton demanded military action on a tight leash and called on the prime minister to involve members of the opposition in keeping an eye on the conflict.

"Not only must Parliament debate the Libyan question on an urgent basis, it's essential to draw a lesson from the war in Afghanistan and give parliamentarians a surveillance and oversight role," he told the Commons.

Layton made it clear he wants to see an exit strategy. **THE CANADIAN PRESS**



► Libyan rebels arrive at the front line yesterday on the outskirts of the city of Ajdabiya, south of Benghazi, Libya. The international military intervention in Libya will likely last "a while," a top French official said yesterday, echoing Moammar Gadhafi's warning of a long war ahead.



FLIGHT CENTRE® Unbeatable

Airfares

Paris
\$94

Travel Apr 5 - May 6/1s + taxes & fees \$439

Huatulco + taxes & fees \$25

Travel Mar 29 - Apr 5/wg + taxes & fees \$347

Fort Lauderdale + taxes & fees \$39

Travel Mar 28 - Apr 7/1s + taxes & fees \$278

Orlando + taxes & fees \$49

Travel Mar 26 - Apr 1/wg + taxes & fees \$282

Mont Tremblant one-way \$79

Travel Mar 28/dl + taxes & fees \$73

Glasgow + taxes & fees \$99

Travel Apr 12 - Apr 12/1s + taxes & fees \$515

London + taxes & fees \$149

Travel Apr 12 - Apr 27/1s + taxes & fees \$513

Vancouver + taxes & fees \$199

Travel Jun 14 - Jun 20/wg + taxes & fees \$306

Turks & Caicos + taxes & fees \$199

Travel Mar 27 - Apr 3/ac + taxes & fees \$47

Calgary one-way \$229

Travel Apr 11/ac + taxes & fees \$93

Houston + taxes & fees \$379

Travel Mar 23 - Mar 30/us + taxes & fees \$126

Honolulu + taxes & fees \$619

Travel May 4 - May 18/aa + taxes & fees \$128

Sydney + taxes & fees \$999

Travel May 4 - May 18/qf + taxes & fees \$458

Vacations

Las Vegas
Air + 4 Nights
\$345

Imperial Palace + taxes & fees \$277

INCLUDES accom on the Las Vegas Strip.

UPGRADE to 4-star Luxor for \$13 per night.

Departs Apr 24/swg/wg.

Vancouver Air + 4 Nights + taxes & fees \$549

Sandman Hotel City Centre + taxes & fees \$306

INCLUDES accom in downtown Vancouver.

Departs Jun 16/ggv/swg. **ADD** Vancouver hop-on,

hop-off Trolley pass for \$39.

London Royal Wedding + taxes & fees \$769

Air + 6 Nights + taxes & fees \$513

Ibis Earls Court

INCLUDES central 3.5-star accom and breakfast

during the week of the Royal Wedding.

Departs Apr 26/vat/ts.

Rio de Janeiro + taxes & fees \$1299

Air + 7 Nights + taxes & fees \$452

Tulip Inn Copacabana

INCLUDES hotel accom across the street from

Copacabana Beach. **BONUS** buffet breakfasts

included. **UPGRADE** to 5-star accom for \$19/night.

Departs Mar 28/ggv/vaa.

Amalfi Coast + taxes & fees \$1599

Air + 7 Nights + Car + taxes & fees \$646

Crowne Plaza Stabiae Hotel

INCLUDES accom in Sorrento with 7-day car

rental. **BONUS** daily breakfast included.

Departs May 11/ggv/af/dl.

Hawai'i

Maui
Air + 7 nights
\$1229

Maui Coast Hotel + taxes & fees \$169

Departs Apr 6/wsv/ws. **SPECIAL OFFER**

Book any package or cruise to Hawai'i

by March 31, 2011 and receive one week

FREE* parking at Park n Fly.

Honolulu Air + 7 Nights + taxes & fees \$999

Park Shore Waikiki An Aquo Hotel + taxes & fees \$153

Departs Apr 6/wsv/ws.

Hawaiian Islands + taxes & fees \$1199

7-Night Cruise + taxes & fees \$109

Pride of America

CRUISE roundtrip Honolulu and visit Maui,

Hilo, Kona & Kauai. Sails Oct 1/ncl.

Hawaiian Islands Hopper + taxes & fees \$1299

Air + 7 Nights + taxes & fees \$109

INCLUDES flight from Toronto to Oahu and

return flight from Maui. 4 nights in Honolulu,

3 nights in Maui and connecting interisland

flight. Departs Apr 19/ggv/vaa.

Kona Air + 7 nights + taxes & fees \$1359

Royal Kona Resort + taxes & fees \$121

Departs Apr 9/ac/vac.



All-inclusive Vacations

Costa Rica
7 Nights 4-Star
\$560

Sal Papagayo + taxes & fees \$252

Departs Mar 28/sq/vq. **UPGRADE** to the 5-star Riu

Guanacaste from \$88 per night.

Bahamas 4 Nights 5-Star + taxes & fees \$549

Riu Palace Paradise Island + taxes & fees \$286

Departs Mar 27/sq/vq.

Riviera Maya 7 Nights 4-Star + taxes & fees \$579

Riviera Maya Roulette 4 + taxes & fees \$319

Departs Apr 17/sq/vq.

Golf Vacations

Kamloops 3 Nights + Golf + taxes & fees \$799

South Thompson Inn & Conference Centre + taxes & fees \$201

INCLUDES 4-star accom & 2 rounds of golf.

Departs May 1/gv/vac.

Phoenix Air + 3 Nights + Golf + taxes & fees \$899

Golf Canyon Golf Resort + taxes & fees \$133

INCLUDES accom, 1 round of golf per day &

\$10 food & beverage credit per night.

Departs May 9/gv/dl.

Varadero Air + 7 Nights + Golf + taxes & fees \$995

Mercury Playa de Oro + taxes & fees \$280

INCLUDES 4-star, all-inclusive accom with

3 rounds of golf at Varadero Golf Club.

Departs Apr 4/swg/wg.

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!



1 866 485 7092



Join our Insider Club for hot deals. Text YYZ to 131 600



flightcentre.ca



Visit us in store.

Conditions apply. Ex. Toronto. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline. Errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. *Family special price is per person for quad occupancy (2 adults & 2 kids ages 2-17). †Park n Fly vouchers available per booking and while supplies last. vats=transat, swg/wg=summer, wsv=westjet, us=us airways, pd=porter, qf=qantas, aa=american, ac=air canada, af=air france, nl=nolights, sq=sunquest, qk=thomas cook, ggv=gogo vacations, ugv=ultimate golf. ‡We will beat any written quoted airfare by \$1 and give you a \$20 voucher for future travel. *Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

IN LIBYA

ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS



No-fly zone to include Tripoli, says U.S.

International forces intend to extend a no-fly zone to the Libyan capital of Tripoli, hundreds of miles distant from the area of recent fighting between forces loyal to Moammar Gadhafi and the rebels seeking to topple him, the U.S. commander in the region said yesterday.

Gen. Carter Ham also said the American role in a three-day old air assault to degrade Libya's military capability already had begun to decline, with the overwhelming share of yesterday's missions flown by pilots from other countries in the coalition.

THE ASSOCIATED PRESS

100% PERMANENT HAIR REMOVAL



A It's not a question of coming to OMI for treatment. It's a question of why would you even consider going anywhere else!!!

B These days it seems that everyone wants to offer laser hair removal. Sadly most overcharge and deliver poor results or undercharge for no results. We know because the dissatisfied customers come to OMI.

Save up to
65%
(Conditions apply)

(most OMI clients are male)

C Don't pay twice, come to OMI first!
OMI on Rogers TV Channel 5
OMI MEDICAL INC.
416-223-5500
www.omihair.com
OPEN 7 DAYS A WEEK

monster.ca
virtual career fair
April 11th-17th

Are you ready to take your job search to the next level?
PRE-REGISTER NOW
to this amazing event and meet with several employers...
...they might have your dream job!

www.monstervirtualcareerfair.ca



**THERE ARE BETTER WAYS
TO MAKE YOUR VOICE HEARD**
JOIN AT METROLIFEPANEL.CA



UNLIMITED HOME PHONE WORLDWIDE CALLING

ONLY **\$29.95**
/month



✓ **Unlimited Calling to
Almost 60 Countries**

- Argentina | Australia
| Bahrain | Brazil |
Canada | Colombia
| Croatia | Greece
| India | Romania |
Russia | U.S.A. | UK
and much more...



Including
India and
more...

✓ **All Features FREE!!**

- Voice mail ● Caller ID ● Call Waiting
AND MUCH MORE!!

SATISFACTION GUARANTEED!
2 MONTHS FREE

You're going to **LOVE** the quality!
If you're not **100%** satisfied,
YOU PAY NOTHING!
That's our customer satisfaction guarantee!!!

1-866-543-5097
comwave
www.comwave.ca

HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The rate of \$29.95 is based on a 3YR term. 3 YR plan will come with a 2 month FREE promotion (One month immediate upon activation of service. The second month upon if you transfer your phone number from your existing provider to Comwave in the first 30 days. Unlimited long distance calling is limited to the countries listed at www.comwave.net and is subject to residential use with an allowance of 3000 long distance minutes. Terms and conditions apply, see www.comwave.ca for details.

Landlords offer freebies to lure scarce tenants

- ▶ Free coffee, TVs among the extras in renter's market
- ▶ But the cost of the incentive can be deceptive

Toronto's shrinking pool of desirable tenants is prompting landlords to offer incentives to lure people into their apartments.

Tony Marner, vice-president of Trivest Developments, says he's given away about 300 TVs in the past year as an incentive in some of his buildings. Other landlords are offering Tim Hortons gift cards, TTC passes, cable, utilities and even rent to get prospective tenants in the door.

"It's a tough market out there," Marner says.

As more people abandon rental apartments for home ownership, landlords say they're dealing with a pool of "riskier" tenants, and competition is stiff for people with a good credit rating and steady income.

The fine print

The key for apartment hunters is to look beyond the incentive and ask yourself some basic questions:

- ▶ Is the location good?
- ▶ Can I afford it?
- ▶ How well is the building maintained?
- ▶ Would I rent it if there were no incentive?
- ▶ What are the conditions of the incentive?
- ▶ Calculate the dollar amount of the incentive to get a better idea of what you're really getting.

But experts caution that there's no such thing as a free TV. Harry Cho, staff lawyer for the Advocacy

Centre for Tenants Ontario, says a reduction in rent over the long term would be better than something free in the short term.

"We'd really like to see better apartments, better services and affordable rents," Cho said.

And sometimes incentives are conditional on signing a 13- or 16-month lease, which could mean legal problems if a tenant wants to break the lease.

"If the building isn't well-kept, who cares if you get a free TV?" says landlord Andrew Ganguly, who relies on low rent as an incentive to rent his eight-unit building in south Etobicoke. "The real incentive is finding a great apartment."

TORSTAR NEWS SERVICE



AT&T goes upwardly Mobile

AT&T Inc. will buy T-Mobile USA from Deutsche Telekom AG in a deal valued at \$39 billion US. The agreement, announced Sunday, would make AT&T the largest cellphone company in the U.S., but is certain to face close regulatory scrutiny.

Airline profits lose altitude

Canadian airline profits will falter in 2011 after last year's strong performance due to higher fuel and labour costs, the Conference Board of Canada reports. Pre-tax profits are expected to fall by about one-third to \$785 million, down from \$1.2 billion last

year. Profits will remain in the \$700-million to \$800-million range annually for the next three years, the report said, but costs are expected to rise by more than nine per cent in 2011.

Conference Board economist Maxim Armstrong said recessionary cost-control

measures helped airline revenue to take off when sales improved last year, but the profit levels won't be sustainable.

Airline sales have been growing as businesses loosen budget constraints and consumer confidence grows. THE CANADIAN PRESS

MONEY PROBLEMS?
Make One Small Monthly Payment For All Your Debts!

Stop Collection Calls
Reduce Your Debts
Stop Wage Garnishment
Stop Interest Right Away
Re-Establish Your Credit

gta credit
No Need for Credit History

Call now: **310-7700**
(no area code required)

Visit **GtaCredit.com**
For your nearest Location or preferred Language

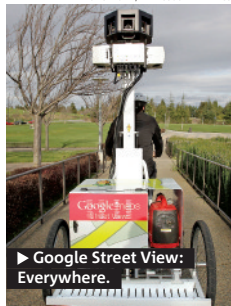
10 Convenient Locations:
Ajax - Barrie - Brampton - Hamilton
London - Mississauga - North York
Oshawa - Scarborough - Toronto

Google fined in 'Wi-Spy' fracas

Google Inc. was fined 100,000 euros (\$141,300 US) yesterday for improperly gathering and storing data for its Street View application.

The penalty, handed down by France's privacy watchdog, sanctions Google for collecting personal data from Wi-Fi networks — including emails, web-browsing histories and online banking details — from 2007 to 2010 through its roaming camera-mounted cars and bicycles.

The fine is the first against Google over the



data gathering, which more than 30 countries have complained about. At least two other European countries are considering

finer.

Google said the Street View cars mistakenly collected payload data from unencrypted Wi-Fi networks. The company apologized and says it will delete the data.

Several other countries have skewered Google for scooping up 600 gigabytes of data — equivalent to about six floors of an academic library — from Wi-Fi systems for more than two years before detecting a problem in response to an inquiry from German regulators.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar
+ 224.07 (14,013.7)	+ 0.66¢ (102.07¢ US)
Oil	Natural gas
+ \$1.26 US (\$102.33 US)	1,000 cu ft \$4.161 US (- 0.15¢ US) Gold contracts \$1,426.40 US (+ \$10.30 US)

Compare travel deals online fast



tripcentral.ca

Phones are open until 10pm EST
Call Toll Free 1-800-665-4981

Duration	Meal Plan	Star Rating	Current Settings
1 week	All meals included	3 stars or more	Departing from: Toronto
Includes all taxes & surcharges			
Punta Cana, Dominican Republic	Ja-05	Ja-12	Ja-19
	Ja-12	Ja-19	Ja-26
Bahia Principe Punta Cana (4+)	1267	1267	1287
Barcelo Bavaro Beach & Caribe (3+)	1295	1275	1375
Barcelo Bavaro Casino (3+)	1059	1045	1135
Barcelo Bavaro Palace (4)	1227	1275	1312
Barcelo Dominican Beach (3+)	1122	1145	1180
Barcelo Punta Cana (4)	1092	1092	1102
			1222

Our 'grid' is the fastest way to find the best travel prices at a glance

tripcentral.ca

Prices shown are not current, please visit our website for up-to-date rates.



PARK YOUR CHIP CARD HERE.

If you have a chip card, insert it in the terminal first. You'll avoid an unnecessary swipe of the card, and reduce the chance of fraud. If the terminal doesn't accept chip, you will be prompted to swipe your card. As part of Fraud Prevention Month, we remind you to always protect your PIN. In the unlikely event you do experience fraud, count on the **Interac® Zero Liability policy***.

So insert your chip, and pay easy.



Everyday Simply™

Proudly Canadian! 

* Interac Association operates exclusively in Canada.

© Interac, the Interac logo, the armored truck design and "Everyday Simply" are trademarks of Interac Inc. Used under license. The Interac Zero Liability policy applies to losses resulting from circumstances beyond your control. Some conditions apply. Read more about this at interac.ca.

Cuts a shoe-in for belt-tightening feds

► Ottawa's 2015 deadline for return to surplus means funding cuts and shrinking civil service: Economists

While Canada's fiscal outlook has brightened considerably in recent months, economists say taxpayers can still expect some long-term austerity measures in today's federal budget.

That's because Finance Minister Jim Flaherty has stuck to the Conservative government's multi-year deficit reduction target, even though economic growth is expected to moderate starting in 2012.

Derek Burleton, TD Economics' deputy chief economist, said Flaherty has his work cut out for him in meeting the aggressive timetable that forecasts a return to budget surplus by 2015.

"It's not exactly clear how they are going to pull it off," he said, adding today's budget should offer details on discretionary spending constraints.

TORSTAR NEWS SERVICE

New spending

- While Ottawa had signalled a stay-the-course budget with no significant new spending, tax measures or cuts to transfers, Finance Minister Jim Flaherty told reporters it will offer some new spending to promote growth and job creation.
- Money could be earmarked for pensioners, war veterans and to provide tax breaks on home heating oil. There has been speculation that justice and public safety programs will be boosted.
- A report said Ottawa will also include new funding for an energy-saving home renovation program.
- Approval of the budget to avoid a spring election requires the support of at least one of the three opposition parties.



► Finance Minister Jim Flaherty puts on his newly re-soled shoes yesterday during a pre-budget photo opportunity at Healthy Feet Shoe Repair in Ottawa.

Cities 'not expecting goodies' in budget

Finance Minister Jim Flaherty has made it clear that today's budget will steer away from stimulus funding to deficit fighting, so cities aren't anticipating a huge cash injection.

"We're not expecting

goodies in the budget, quite frankly," said Federation of Canadian Municipalities president Hans Cunningham. "Rather than just a one-time shot or goodies, we would really like a commitment going

forward with a long-term plan on infrastructure."

Cities and towns across Canada estimate the infrastructure deficit — that is the cost to fix crumbling roads and leaking pipes, replace aging transit vehicles and expand transit service, and renovate arenas and community centres — stands at \$123 billion.

"Nobody has the money to fix this today or the next day. What we're looking for is a long-term plan,"

said Cunningham.

Vaughan Mayor Maurizio Bevilacqua, a former Liberal MP, believes it's possible to have deficit reduction and stimulus funding at the same time.

"I think they're not mutually exclusive," said Bevilacqua. "The reason you have a stimulus package is to create jobs and greater revenue to encourage growth in the economy."

TORSTAR NEWS SERVICE



► Vaughan Mayor Maurizio Bevilacqua

Municipal deficit

- \$31.0 billion for water and wastewater repairs and upgrades
- \$21.7 billion for transportation including highways and roads
- \$22.8 billion for public transit
- \$40.2 billion for cultural, social, community and recreational infrastructure
- \$7.7 billion for waste management
- Total: \$123 billion for estimated municipal infrastructure deficit
- Source: Federal of Canadian Municipalities



The Bloodmobile in your neighbourhood:

ATRIA I

TUESDAY MARCH 22

2255 SHEPPARD AVE. E., TORONTO

11:00 am - 2:00 pm

**FIND OUT HOW YOUR ORGANIZATION CAN HOST AN EVENT!
CALL 1-888-236-6283!**

1 888 2 DONATE (1-888-236-6283)



Canada needs strategy to become energy superpower: Executive

Oil and gas giant Shell says Canada doesn't have the right policies to become a global energy superpower.

Shell Canada president Lorraine Mitchelmore says the company is calling on Canada to establish a national energy strategy.

The plan would include reducing greenhouse gas

emissions and seeking out export markets for oil and gas produced here.

Mitchelmore says the recent turmoil in oil-producing Middle Eastern and North African countries underscores Canada's role as a reliable energy source.

Mitchelmore made her remarks as the Anglo-

Dutch company marked its 100th anniversary in Canada.

Shell operates the massive Muskeg River oilsands mine north of Fort McMurray, Alta., and is planning to expand its presence there over the next several years.

THE CANADIAN PRESS



► Shell Canada president Lorraine Mitchelmore

Portugal parties at odds over austerity plan

► Political standoff threatens Europe's plan to ease jitters ► Debt crisis has dragged on for more than a year

Just as Portugal appeared to have dodged a bailout like those taken by Greece and Ireland, a domestic political spat was set yesterday to worsen its financial troubles and possibly spoil Europe's efforts to put the sovereign debt crisis behind it.

Portugal's main opposition parties told the beleaguered minority government they won't budge from their refusal to endorse a new set of austerity measures designed to ease a huge debt burden that is crippling the economy.

The new steps are likely to be rejected in a parliamentary vote expected tomorrow and the timing



► Fernando Teixeira dos Santos

could not be worse. A defeat in the vote, Prime Minister Jose Socrates warned, would trigger his government's resignation, consigning Portugal to at least two months of political limbo just as officials

were hoping to boost investor confidence in the country's future.

"At this point, a political crisis is a big push towards the country resorting to outside help," Finance Minister Fernando Teixeira dos Santos said.

The national political crisis also threatens to set back Europe's broader plan to stamp out the debt market jitters — leaders at a two-day summit starting Thursday will seek to ratify key changes to the bloc's rescue fund and spare Portugal the need to surrender policy decisions to outside authorities through a bailout.

THE ASSOCIATED PRESS

416.504.9494 | precisionlasertr.com | 76 Richmond St E, Toronto

BOOK YOUR FREE CONSULTATION NOW.



THERE ARE BETTER WAYS TO MAKE YOUR VOICE HEARD

Join the METRO LIFE PANEL and have your voice heard alongside other readers of the world's largest newspaper.

Metro Life Panel is an online research panel where your opinions count! When you participate, your voice joins thousands of others in 10 countries. Sign up at metrolifepanel.ca and join the global conversation!

**JOIN AT
METROLIFEPANEL.CA**

metro
life panel

ATTENTION CUTE COUPLES: GET A ROOM

She says ...

**JESSICA
NAPIER**



So spring is officially here and with the warmer weather comes longer days, fewer layers of clothing and increasing sexual appetites, better known as spring fever.

Now don't get me wrong — I'm a big fan of temperate nights and flirtatious activity. But when a budding new romance turns into a public groping session it's time for an intervention.

Yes, I'm talking about you, the PDA-perpetrators who treat every park bench like your own private boudoir. Public displays of affection are like cheap cologne — tolerable in very small doses but utterly nauseat-

ing in large quantities.

We've all been there. When a new relationship begins every moment together is so magnificent that you get caught up in your own little world. Every brush of your fingertips is magical; even a peck on the cheek is electric.

But while you might think your amorous conduct is endearing, the rest of us certainly don't agree. When you're in new-couple mode it's easy to forget that the people around you don't want to be an audience to your heavy breathing and earlobe nibbling. So please, stop sitting on the same side of the booth at restaurants and spoon-feeding

each other dessert — this kind of behaviour isn't appetizing for your fellow diners.

Passionate antics like this might be acceptable for teenagers; after all, they have nowhere else to snuggle but in the back row of a movie theatre. But come on people, most of you have your own homes or at least your own bedrooms where you could partake in the

sexy early stages of your blossoming romance.

Maybe I should relax. I know these lovey-dovey couples aren't really doing me any harm ... other than maybe upsetting my stomach a little. But when the

participants in a hormonally charged PDA session are anyone but you, broadcasting this kind of intimacy seems pretty disgusting. It's hypocritical but true.

So if the onset of springtime temperatures has you feeling frisky I have just one request for you, don't do anything on the bus you wouldn't do in front of your parents.

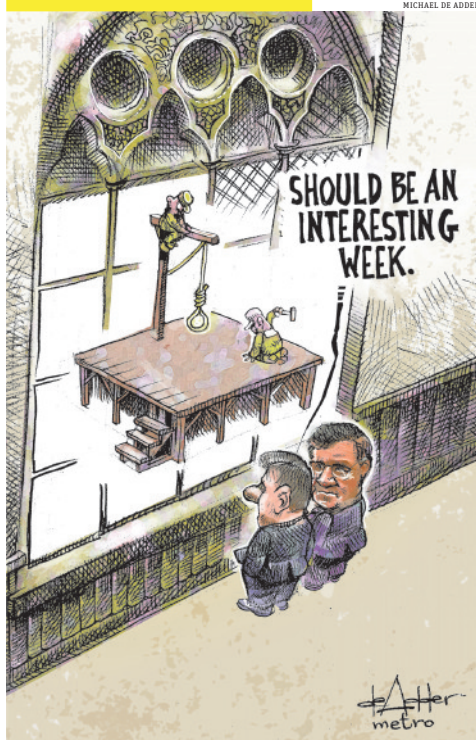
I know you're enamoured with each other but remember, grocery stores, libraries and other public places are not an ideal venue for foreplay. Let's agree to keep our hands (and our tongues) to ourselves this season for the sake of each other's gag reflexes.

"... but remember, grocery stores, libraries and other public places are not an ideal venue for foreplay."



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon



The little bird that flew

Worth mentioning

It took about 18 months for Twitter to go from its first tweet — sent five years ago yesterday — to getting 500,000 users.

Now, an average of almost 500,000 new accounts are registered each day.

It took three years, two months, and a day for a user to send the billionth tweet across the massively popular social media service. Now, one billion tweets are sent every eight days.

"Over these years, Twitter has matured and made an impact in the areas of social responsibility, politics, sports, media, and more," the company wrote in a blog post yesterday, celebrating its fifth

Tweet, tweet



anniversary.

Twitter has grown into an online behemoth with unquestionable influence not only in the digital world but offline, too.

Just ask reporters on Parliament Hill, who were more than a little surprised in February when the prime minister's spokesman announced a trip to Washington to

meet with U.S. President Barack Obama. Not by press release, or during a press conference or scrum, but by tweet.

Twitter has grown so big, so fast that it's now struggling just to keep the dreaded fail whale (a cartoon whale that pops up when Twitter goes down) from appearing before users. **THE CANADIAN PRESS**

Has Twitter changed your Internet habits? How?

**Email
torontoletters
@metronews.ca
Twitter
@metrotoronto**

Metro has the right to edit letters and submissions.

metro

METRO TORONTO • 625 Church St., 6th Floor • Toronto ON
• M4Y 2G1 • T: 416-486-4900 • Fax: 416-482-8097 • Advertising: 416-486-4900 ext. 250 • adinfot@metronews.ca
Distribution: toronto_distribution@metronews.ca

Associate Publisher Irene Patterson,
Production/Distribution Director Gerry Moher
METRO CANADA: President & Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, National Deputy Editor Fernando Carneiro, Asst. Managing Editor Tarin Elbert, Scene/Life Editor Dean Lisk, Asst. Managing Editor Amber Shortt, Art Director Laila Hakim, Business Ventures Director Tracy Day, National Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

Metro Minute at Walk In Wok Out

The six-block stretch along Bloor between Spadina and Bathurst may arguably have the highest number of per capita sushi restaurants in the Western Hemisphere; but for those rare occasions when a spicy salmon roll won't cut it, this healthy stir fry joint will satisfy your craving for quick, alternative Eastern fare. Clever name aside, here's how it works at

Walk In Wok Out. First, you choose from a list of fresh options like rice noodles, Chinese broccoli and red curry sauce, all prepared on site. Watch as your genius combination gets prepared before your eyes. Have a seat, and inhale the scent of mingling flavours. Devour. Wok out. Fifteen minutes, tops. Sometimes it's nice to change things up a bit. **JORDANA DIVON**



► Create your own stir fry masterpiece at the Annex's Walk In Wok Out, 495 Bloor St. W. at Brunswick.

WE'VE GOT HUGE SAVINGS ON THE LINE.

ONLY UNTIL MARCH 31.



SAME HOME PHONE QUALITY, FOR LESS

Essentials Package

\$16⁹¹

PER MONTH
FOR 1 YEAR

- Keep your number, phones and jacks
- No System Access Fee & no other hidden fees
- Save up to \$120²

SWITCH TODAY
Call 1 866 866-5305



SAVE UP TO 15% WHEN YOU COMBINE ROGERS HI-SPEED, WIRELESS, TV AND HOME PHONE.³

Offer ends March 31, 2011 and subject to change without notice. 1 Offer only available to new Rogers Home Phone customers. Includes 22¢ 9-1-1 Emergency Access Fee (non-government fee) and 19¢ Message Relay Service Fee. Taxes, long distance and optional features extra. Regular monthly rate applies after promotional period. 2 Based on \$10/mo discount (regularly \$26.91/mo) for 1 year. 3 Discount applies to monthly recurring service fees for eligible services. Discount not applicable to Home Phone Value plans. Minimum 2-year term required. See rogers.com/bundles for details. ©2011

2
scene

Scene in brief



The U.S. Supreme Court will not involve itself in a fight between rapper Eminem's former production company and Universal Music Group over downloads of the entertainer's songs and ringtones.

The high court refused on Monday to hear an appeal from Universal Music Group.

THE ASSOCIATED PRESS



Secret to Dancing With the Stars' sparkle? Dozens of dazzling custom-made costumes

- ▶ Classified's new album *Handshakes and Middle Fingers* drops today
- ▶ Album features guest appearances from Jim Cuddy, Brother Ali and Joe Budden
- ▶ 22-date Canadian tour will kick off on Thursday



▶ Rapper Classified still lives in his home town of Enfield, N.S.

The sound of Class



ALY THOMSON
SCENE@METRONEWS.CA

As a 14-year-old, Luke Boyd could often be found hitchhiking through the small town of Enfield, Nova Scotia, listening to RUN DMC's *Tricky* on his walkman and dreaming of making it big.

Nearly 20 years later, Boyd is better known as Canadian rap sensation

"I think at the end of the day, the passion is what makes the music special it's the passion what makes the good stuff"

LUKE BOYD, A.K.A. CLASSIFIED

Classified. With more than 15 years of writing, recording, mixing and touring under his belt, the rapper is back with his 12th studio album, *Handshakes and Middle Fingers*.

Classified said the al-

bum is about "balance, the ying and the yang and the gift and the curse." The 15-track album talks about family, life changes and the music industry.

"I can't talk about just hip hop music all the time.

It was just kind of getting old to me," he said, tipping back his black thick-rimmed hat. "You got to have that flip side so that people who necessarily aren't into hip hop or care how dope you are have something to relate to."

Although *Handshakes* isn't all about being the best MC, the album is still undeniably "Classified."

"I make music I like so

at the end of the day, it's going to all have that feel that sounds like Class."

The "Class" sound is made even more authentic through his isolated recording process.

"Ninety-five per cent of the time it's just me in the studio hitting record, making the beat and writing all the music," said the 33-year-old. "I take a lot of pride in that."

The album's first single, *That Ain't Classy*, calls out music industry's stars, declaring them "wannabes" and "self centered weirdos."

But Class wouldn't single anyone out.

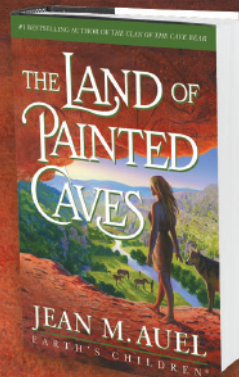
"For those people, if it sounds like you in the song, then it's about you."

Despite his recent national fame, Classified holds true to his roots. The rapper still lives in Enfield with his wife, Kim, and two daughters — two-year-old Taylor and eight-month-old Kayla.

The long-awaited sequel to *Clan of the Cave Bear* is finally here!

JEAN M. AUUEL THE LAND OF PAINTED CAVES

IN STORES MARCH 29. Read the first chapter TODAY at RandomHouse.ca



West follows East in sequel

► West is West a decade-in-the-making sequel to 1999 hit comedy East is East ► 'A natural bookend to the first film' says director Andy DeEmmony

ADAM NAYMAN
SCENE@METRONEWS.CA

Written once again by Ayub Khan-Din, who draws heavily in his work on his childhood memories of growing up with a British Pakistani father and a white British mother, West is West focuses on a character largely seen as an author surrogate — Sajid Khan (Aqib Khan), now 15 years old and feeling like an outsider by virtue of his cultural heritage.

The film opens in England but quickly shifts to Pakistan, where patriarch George Khan (Om Puri) attempts to show his youngest son his roots.

"We were keen to start the film in a world that everyone recognizes," says director Andy DeEmmony, accounting for why the early sequences feel almost like outtakes from East is East. "It's a daunting challenge to follow that film, because I think it broke a lot of new ground. But I think that this film is a very different journey."

He says that shooting



► Aqib Khan plays 15-year-old Sajid Khan in West is West.

on location in Pakistan was interesting in that they didn't have to do a lot to make it look like the mid-1970s (the film takes place in 1975, five years after the events of East is East).

"We had to watch out for the odd satellite dish,

but as we moved further into the wilds, closer to the Himalayas, we found that the villages hadn't changed very much."

By contrast, trying to finessé the British locations to look authentic proved much more difficult.

"We contacted the city

council in Manchester, and found that they were going to bulldoze terrace roads.

There were two streets left, in the middle of rubble. So that's what we worked with — and the moment we were finished, they knocked it all down."

AWARDED

Harry Potter honoured

Daniel Radcliffe looks forward to a tolerant world where young people grow up unaffected by differences in sexual ori-

entation. The Harry Potter star has been working with the Trevor Project, the leading organization for suicide prevention efforts among gay, lesbian, bisexual and transgendered youths.

For his contribution, Radcliffe is being honoured with the organization's Hero Award at a ceremony in New York in June. **THE ASSOCIATED PRESS**

FATHERS WANTED TO PARTICIPATE WITH ONE OF THEIR CHILDREN IN A STUDY ON FATHER-CHILD RELATIONSHIPS

Must have a child between the ages of 6 and 12

Subway Accessible

252 Bloor St. W.

Phone: (416) 978-0979

Please Leave a Message

Email: holly.mcgin@utoronto.ca

BENEFITS:

- \$50 Financial Compensation
- Small Gift for Child Participant
- Contribution to Research

UNIVERSITY OF TORONTO
OSIE / ONTARIO INSTITUTE
FOR STUDIES IN EDUCATION

THE BEST THING TO HAPPEN TO THE IPHONE SINCE OUR LAST APP!

Available on the App Store

metro play



NOW with METRO BLOCKS!

LEARN TO DANCE

Latin, Ballroom & Salsa

Join The Craze And Spice Up Your Life

100% Guaranteed Fun



Introductory Offer

\$30

Your First Lesson Is Free!!

"We Will Make You Look Good On The Dancefloor"

Pollock Dance Studio

1910 Yonge Street, Lower Level

Hours of Operation:

Mon-Fri 12-9pm, Sat 12-5pm

Singles & Couples Welcome

416-485-9305

www.pollockdancestudio.com

Supercharge your health!

MEET DR. NATASHA TURNER

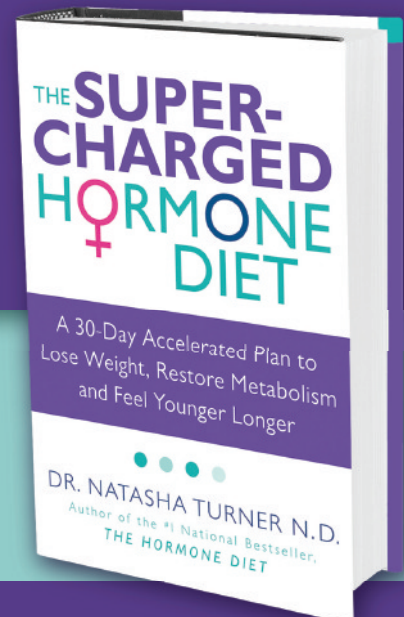
Thursday, March 24, 7:00 pm,

Chapters Bayview Village

2901 Bayview Ave. (Bayview & Sheppard Ave.) For more details call: 416-222-6323

Get your accelerated plan for achieving fast, long-lasting fat loss and fend off disease.

- Develop your Supercharged Hormone Diet Exercise Prescription
- Learn how to check your Hormone Health Profile
- Discover which supplements will aid fat burning
- Plus get delicious recipes, and much, much more!



VISIT RANDOMHOUSE.CA TO READ THE INTRODUCTION • RANDOM HOUSE CANADA





American Express Presale



JUNE 3 | MASSEY HALL

Advance tickets* on sale
today at 10am

Until Thursday at 5pm to all
American Express Cardmembers

Public Sale Starts: March 25

Call: 1-855-985-5000

ticketmaster.ca

BUY TICKETS AT
livemetron.com

FRONT OF THE LINE

americanexpress.ca/frontoftheline

Realize
the
potential.



* Purchase must be charged in full to an American Express Card. Subject to availability and to event and ticketing agent terms, conditions and fees.
©: Used under license from American Express. Copyright ©: Amex Bank of Canada, 2011.

DVD Reviews



Screwball love in D.C.

How Do You Know

Genre: Romantic comedy

Director: James L. Brooks

Stars: Reese Witherspoon, Owen Wilson, Paul Rudd

●●½

This off-kilter romance by the painstaking James L. Brooks is so eager to ask the question about true love, it doesn't have time to mess with punctuation.

It's set in and about the stately avenues of Washington, D.C., the abode of the non-stellar baseball teams that hard-driving Lisa (Reese Witherspoon) and

horn-dogging Matty (Owen Wilson) play for.

They make two-thirds of an accidental love triangle, the other third being George (Paul Rudd), a neurotic businessman who is about to have a visit from Uncle Sam.

The best moments of the film aren't those where the protagonists are engaging in smart Brooksonian banter. It's the scenes of awkward silence, where you can see gears grinding in the mental machinery. Extras include deleted scenes, a blooper reel, a making-of featurette and a commentary track that includes Brooks. ● PETER HOWELL



Less than thrilling

The Tourist

Genre: Thriller

Director: Florian Henckel von Donnersmarck

Stars: Johnny Depp, Angelina Jolie

●½

As a thriller, *The Tourist* makes a good travelogue.

It's as awkward as an unfolded map and as infuriating as a border bureaucrat. If you're content with watching the beautiful Johnny

Depp and Angelina Jolie get chased along the cobblestones of Paris and the canals of Venice, then it fulfills those low eye-candy expectations. There is banter, none of it memorable. There are the requisite action set pieces, none of them terribly exciting. The lazy script is the main beef.

The Tourist looks as if everybody just felt like going on a fun trip to Europe. A fine time was had by all, except the sorry viewer.

● PETER HOWELL



THE CARAMILK SECRET
IN A LIQUEUR.

*TRADEMARK OF CADBURY UK LIMITED, USED UNDER LICENSE. AVAILABLE AT YOUR NEAREST LCBO STORE.

NOW
\$26.75

Celebrity tweets



Charlie Sheen
[@charliesheen]
Need a ride to my perfect show...?



Kevin Nealon
[@kevin_nealon]
Made the mistake of wearing a red shirt to Target. No, I don't know where the bins are!!



Rihanna
[@rihanna]
I touch my neck, my chest my hips, I touch my hips, my thigh my kneesssss



Sarah Silverman
[@SarahKSilverman] I keep forgetting Corey Feldman's still alive. Phew!
● METRO

Will Emilio have to 'off' Charlie?

► Estevez jokingly compares his situation with brother Charlie Sheen to that of Michael and Fredo Corleone in *The Godfather: Part II*

Charlie Sheen's antics aren't all that entertaining to his brother, Emilio Estevez, who says he may need to find a creative way to deal with his wayward sibling.

"There's that thing in *The Godfather: Part II* of, 'I love you, Fredo, you're my brother, but don't ever take sides with anyone against the family,'" Estevez says, according to *Hollyscoop*. "Then Michael Corleone has to have Fredo 'taken out' on the boat. There are times, like these, when I want to take Charlie out for a boat ride. Charlie should know that he might have a boat ride in the future. Someone's got to be Michael Corleone." ● METRO



► Martin Sheen, left, is pictured with son Emilio Estevez.

Talking points

Wyclef shot in Haiti

GUN VIOLENCE. The night before presidential elections in Haiti, Wyclef Jean was hospitalized for a gunshot wound to his hand, a spokesperson confirmed to the Associated Press. Jean, who had previously tried to run for president of the island nation before being disqualified, was in Haiti campaigning for fellow musician Michel Martelly when a car he was riding in was "peppered with bullets." Jean was taken to a hospital, treated and released. "He's doing well," a spokesperson said. ● METRO

CHRISTOPHER POLK/GETTY IMAGES



► Wyclef Jean



Kendle
Real people. Real results.®

Healthy men and women are needed for outpatient clinical research studies on vaccine compounds

These studies will have 4 to 6 outpatient visits (i.e., no in-clinic stays) conducted over a 6-month period. If you are a healthy man or woman, 18 to 60 years old, and want to register your interest for these upcoming studies, please contact us.

720 King Street West
7th Floor (NORTH ELEVATORS)

416.640.4004
1.866.222.8063

studies4u.com

Financial Compensation for Participation

3
life

Wellness in brief

Got 20 minutes and a pair of running shoes? You can train for your first 10K run in 10 weeks. The thought may be intimidating, but if you start small and build, it can be quite easy. The first week, for instance, you would walk/jog for 20 minutes three times a week. On Sunday, you'd run for 15 minutes. On week two, you would add five minutes here and there, and then you'd keep building your jogs by five or 10 minutes each week.

● CELIA MILNE



More 'average guys' are turning to cosmetic surgeons for fountain of youth



► With the weather getting better, it may be the time to buy some new running shoes and go for a jog.

Running not bad for your joints: Study

► Pounding the pavement gets a thumbs up ► Osteoarthritis not an issue if you run the right way and wear good shoes ► Regular running provides numerous health benefits



CELIA MILNE
WELLNESS@METRONEWS.CA

Worried running will ruin your knees and hips?

Many people avoid running because they think it causes wear and tear on their joints, especially as they get older. But the medical literature doesn't support the idea that running causes osteoarthritis.

"Running moderate distances at moderate speeds is not likely to cause joint arthritis, espe-

cially if one runs in good running shoes and uses good running technique," says Dr. Stuart Willick, an associate professor at the University of Utah Orthopaedic Center in Salt Lake City.

Willick and colleagues gathered all published studies that explored a possible link between running and osteoarthritis.

They found that several things put people more at risk for osteoarthritis as they age: Being over-

Running tips

Here are Willick's tips on preventing joint damage from running.

- When starting a running program, increase mileage and speed gradually.
- Consider getting a running evaluation to make sure your running gait is sound.

- Wear the right running shoes for your feet and running style.
- Get new shoes every 321 to 482 km.
- Run on soft surfaces.
- Cross-train. Work on flexibility, strength and endurance.
- Rehabilitate all running injuries completely.
- Maintain optimal BMI and nutritional status

weight, prior injuries to the knees or hips, and heavy manual labour are

riskier for the joints than pounding the pavement. Jogging got a thumbs up.

"Running is a great form of cardiovascular exercise," Willick told Metro. "Cardiovascular and resistance training have numerous benefits, including for the heart, lungs, blood vessels, bones, joints, muscles and brain."

Older runners tend to be healthier than non-running counterparts, the study found.

They published their review last year in the journal Clinics in Sports Medicine.

FORGET:

- HEMORRHOIDS
- FISSURES
- FISTULAS
- ANAL ECZEMA



Guaranteed Results!



NATCM HEMORRHOIDS CENTRE

Call now 905-415-1777 Website www.natcm.ca

- Suffer from HEMORRHOIDS, FISTULAS, FISSURES, PILES?
- You owe it to yourself to check out this alternative!
- Developed in China through 5 generations of TCM doctors & master herbalists.
- Over 3 million patients treated. 95%+ efficacy.
- No surgery! No injections! Non-invasive!
- Until very recently only available overseas.
- Two new Canadian clinics – Toronto & Vancouver.
- Find out why we have patients flying in from the USA just to receive this treatment!
- Most see results within a few days.

FREE Examination

MAKE APPOINTMENT NOW!

Please call: 905-415-1777



Pilates: The basics reviewed

► Strength isn't measured by how many kilometres you can cram in your gym session ► Pilates works your body to make sure that you can face everyday tasks with ease ► Trainer Mark Anthony's tells us more



**ROMINA
McGUINNESS**
WELLNESS@METRONWS.CA
METRO WORLD NEWS IN LONDON

Ask a body builder to reach his arm out to the sky and watch him struggle. He may be able to lift hundreds of pounds with his bare arms but when it comes to something as simple as an upward stretch, he's stuck. The problem with intense workouts, such as weight lifting or running, is that even though building the muscles will help them get stronger and bigger they will also start to get shorter and tighter, limiting the body's range and breadth of movement.

A mind and body workout

Pilates is a full body workout that was developed to work our body from the stomach area, known as the core. Working from the fact that our entire body is interconnected, the exercises aim to create power and strength by working the inner muscles that connect your body together. The idea is that as you build up your inner strength, you also work at lengthening and stretching out your muscles to allow your body to be more flexible.

The power of the breath

One of the founding principles of pilates is the power of the breath in helping carry out and control the movements. The breathing technique is to inhale through the nose and out through the mouth, engaging the core and carrying out the move as you exhale. The pressure you create is what will help you push your body into the position.



► Mark Anthony's

ples of pilates is the power of the breath in helping carry out and control the movements. The breathing technique is to inhale through the nose and out through the mouth, engaging the core and carrying out the move as you exhale. The pressure you create is what will help you push your body into the position.

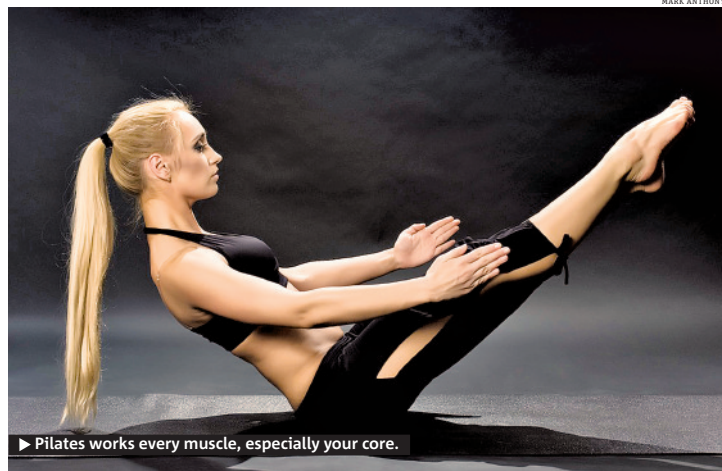
Who should be doing it and why

Pilates is good for everyone, whether you're 10 or 70 years old, as it will strengthen the core, improve balance and coordination and decrease stress. It can be particularly good for pre- and post-pregnancy, people with tight muscles

and men who usually focus more on muscle building. The core exercises will help pull the stomach muscles back in after giving birth and throughout the pregnancy and strengthen the pelvic muscles. Men are often quoted as saying pilates is "easy" but their muscles are often short and tight, making them inflexible. Alternating bodybuilding exercises with the workout will help them become more flexible and agile. The low impact is also perfect for those suffering from bad joints.



For more information, check out mark anthony'suk.com.



► Pilates works every muscle, especially your core.

Dr. Nino Kuzmar, cosmetic physician, personally performs all injectable procedures.

St. Clair
Cosmetic & Laser
Clinic

Injectables Special

Botox® Cosmetic
\$8 per unit

Teosyal® Dermal Filler
"Mini-lift"
\$698

Juvederm™ Dermal Filler
"Mini-lip"
\$198



416-652-1288 • 1223 St. Clair Ave. West, Suite 205 (St. Clair & Dufferin)

www.StClairCosmeticAndLaser.com

"You were Great!"

- ✓ Fast Acting Formula
- ✓ Increase Sex Drive & Stamina
- ✓ Maximize Sensation & Firmness
- ✓ Stronger Climaxes
- ✓ Increase Confidence

Available at retailers Nationwide
WWW.DRIVERX.CA 1.888.228.4826

Nobel Prize Winning Formula

Bolton
Naturally Bulk Foods
301 Queen Street South
(905) 857-6767

Etobicoke
S&H Health Foods (Woodbine Centre)
500 Rexdale Avenue
(416) 674-5809

Markham
Healthy Planet
8567 McCowan Road
(905) 209-7474

Mississauga
Nature's Counter (Westdale Mall)
1151 Dundas Street West
(905) 273-9760

Newmarket
Ambrosia Natural Foods
16925 Yonge Street
(905) 898-5262

Nature's Emporium
27-16665 Yonge Street
(905) 898-1844

Pickering
Healthy Planet
1725 Kingston Road
(416) 510-8576

Richmond Hill
Eco Health Food
688 Major Mackenzie Drive East
(905) 787-9900

Nature's Health Solutions (Hillcrest Mall)
9350 Yonge Street
(905) 508-9901

Scarborough
Healthy Planet (Parkway Mall)
85 Ellesmere Road
(416) 510-8576

Organic Planet Health Inc.
2030 Ellesmere Road
(416) 431-9099

The Natural Food Depot
2075 Lawrence Ave. East
(416) 640-0234

Vitamin Plus (Malvern Town Centre)
31 Tapscott Road
(416) 321-8439

Toronto
Body Fuels
5 Isabella Street
(416) 921-4135

Don Valley Health Food
3060 Don Mills Road
(416) 491-5160

Four Seasons
5827 Yonge Street
(416) 225-0444

Healthy Planet
588 Sheppard Ave. West
(416) 398-2444

Herbal Depot (Empress Walk)
5095 Yonge Street
(416) 226-3769

Nature's Health Food
3003 Danforth Ave.
(416) 686-3959

Nature's Health Food (Gerrard Square)
1000 Gerrard Street East
(416) 406-3999

Nutrition House (TD Centre)
66 Wellington Street West
(416) 955-9425

The Health Shoppe
41A Charles Street West
(416) 923-5071

Whole Health
200 Front Street West
(416) 595-8299

Trouble Sleeping?



If you;

- Are 40 years or older
- Have trouble falling asleep or staying asleep or both
- Experience trouble sleeping for at least 3 nights per week for at least 6 months

You may be eligible for treatment in a research study. No medication involved. Participation is voluntary.

Please call: (416) 979-5000 ext 2568
E-mail: cardiac.insomnia@ryerson.ca

Location: Ryerson University, Health Intervention Research Center. Funded by the Canadian Institutes of Health Research



RESEARCH STUDY DO YOU HAVE ARTHRITIS? ARE YOU EMPLOYED?

WE NEED YOUR HELP!

We are looking for adults aged **25 - 65** who have arthritis and are **currently employed** to complete a short research questionnaire and telephone interview.

For information about this important research, please call **Jessi** at the Arthritis Community Research & Evaluation Unit (ACREU), University Health Network.

Toll Free: 1-866-724-0003



University Health Network



University of Toronto
Dept. of Nutritional Sciences

**Attn: Parents of Children
Aged 9-14 Years**

We are conducting a research study about food intake control in children that will help to address the problems of overeating & obesity.

REQUIREMENTS: healthy, 9-14 year old boys & girls

INVOLVES: 1 screening + 4 weekend sessions (breakfast & lunch included)

As a reward for taking part at each session, the child will receive a \$20 movie pass. Parents receive \$12 travel reimbursement for each session.

Please contact us at (647) 292 - 9214

Are you living with diabetes?

Our compassionate team of registered nurses, dietitians and social workers are eager to provide you with support and information. This will help you to maintain a positive outlook, self-manage your diabetes and experience optimal health.

If you are an adult living with Type 2 Diabetes or Pre-diabetes call us at 416.847.4160

Through educational workshops and one-on-one counseling you will learn how to:

- Use your free blood glucose meter
- Monitor your blood sugar at home
- Plan healthy meals
- Manage medications
- Incorporate exercise into your daily routine
- Prevent complications
- Properly care for your skin and feet
- Manage stress and maintain a positive outlook

This program is **FREE OF CHARGE**, delivered in multiple languages, has flexible appointment times and can be accessed at five locations throughout Scarborough! You may participate in the program through a physician or self-referral.

SCARBOROUGH CENTRE FOR HEALTHY COMMUNITIES

The best of the best when it comes to superfoods

DAILY SQUEEZE

MEGHAN TELPNER

MEGHAN TELPNER IS A HOLISTIC NUTRITIONIST AND CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

We've been hearing a lot of buzz about superfoods lately. From chia seeds to acai berries, many of these foods are loaded with antioxidants, plus an endless array of nutrients.

To help you choose the best of the best, here are five super-foods making huge strides on the healthy eating scene. Look for each at your local health food store.

Maca

The Buzz: Also known as Peruvian ginseng, maca is typically found in powdered form, though it comes from a root. It's been credited for helping balance out hormones, enhance libido and boost stamina. Maca is also rich in many vitamins and minerals including vitamin B1 and phosphorus.

Tips for using: Add ½ a teaspoon to a smoothie, sprinkle some onto your oatmeal, add a dash to a brewed tea.

Spirulina

The Buzz: With its emerald green hue and finely powdered consistency, this algae is a fabulous food to help boost energy, cleanse and fuel your cells. Containing a hefty spectrum of 10 mixed carotenoids, spirulina



► Raw cacao is one the tastier superfoods out there.

na gives us maximum antioxidant protection, as well as a highly usable source of protein and GLA, an essential fatty acid.

Tips for using: Starting out with ¼ tsp, add to smoothies, stir into oatmeal, or yogurt or favourite homemade salad dressing or dips. Kids love its bright green colour in smoothies too.

Hemp Hearts

The Buzz: Bursting with detoxifying chlorophyll and highly absorbable protein, hemp hearts taste nutty and pair well with both sweet and savoury foods. What's more, they contain a perfectly balanced ratio of omega-3 to omega-6 fatty acids, helping to reduce inflammation, boost our immune systems, reduce cardiovascular disease, and give our brains a healthy boost.

Tips for using: Sprinkle on salads, throw into trail mix or use as a topper for hot and cold cereals.

Miso

The Buzz: This salty superfood comes in paste form and is the result of fermenting soybeans along with a yeast. The bacteria used in the fermentation process synthesizes vitamin B12, and therefore the resulting paste is a great source of this nutrient. It is also rich in protein as well as the minerals zinc, manganese and copper. Miso holds probiotic prowess as a result of being fermented. This helps keep our good gut bacteria thriving and digestive systems happy.

Tips for using: A little bit goes a long way as miso is very salty. Stir a few teaspoons into already boiled water for a quick satisfying

soup. Add two teaspoons to an oil and vinegar salad dressing in place of salt for a Japanese inspired flavouring.

Raw Cacao

The Buzz: Possibly the most delicious superfood of all. Raw cacao comes from the bean of the cacao plant and is essentially unroasted chocolate. It is extremely rich in antioxidants, contains massive amounts of the mineral magnesium, which builds strong bones and is often the most deficient nutrient among North Americans. What's more, it's a natural mood-booster due to its effect on serotonin levels.

Tips for using: Mix with boiled water/milk and honey for a raw hot chocolate treat. Add to smoothies and in baking for delicious brownies and cookies. **FOR MORE INFO, VISIT DAILYSQUEEZE.CA.**

Thoughts on ... silence

UNPLUG. When we are caught up in the hustle and bustle of life — the an-

tidote is silence. Gift yourself with silence each day. This will develop a greater sense of well being in all aspects of your busy life. Find a few minutes each day to completely unplug.

If you wish to experience life, rather than be swept away by it, then be sure to set aside some time, no matter how brief, to linger in the oasis of silence. For there you will be able to

recharge your batteries, tap into your inner wisdom and experience the gifts of wonder and awe.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW. AWAKENINGSCANADA.COM

DO YOU HAVE HIGH BLOOD PRESSURE?

Manna Research is conducting a research study to evaluate an investigational medication that may possibly treat hypertension.

If you are over 18 and have high blood pressure, you may qualify to participate in this research study.

Participants will receive adequate medical care and study medication free of charge. All transportation expenses will be covered.

For further information, please contact us at:

Manna Research
at **416.740.2895** or visit
www.mannaresearch.com



LOSE WEIGHT • BODY SHAPING

• **10+lb or 6+inches/15 Sessions** •

Using Acupuncture & Massage Only

Effective Miraculous Unique

1. Assigned part of the body can be reshaping eg: Waist, Abdomen, hip, Upper Arm, Thigh, Jaw and Cheek.
2. Effective, Quick, and Long Term Results.
3. Plans tailored especially for you.
4. Free Consultation.

Fine therapies also available for smoking cessation, and pain relief from shoulder, neck, back or waist pain, repetitive strain injury, muscle stiffness or numbness, headaches, etc.

Medical Insurance Accepted

Tel: 647.347.5591/647.348.0882 • Email: info@leesclinics.com
Downtown: 360 Bloor St. W., Suite 401 (Spadina Subway Stn)
North York: 5511 Yonge St., Suite 2A (Finch Subway Stn)
Mon. - Sat. 10 am - 7 pm • www.leesclinics.com

Everyday things that could give you a bad back

Most of this is common sense but it's worth repeating. Especially if you don't stand up straight or support your back.

1 Your office chair:

Slouching over your computer for hours on end as you work towards a deadline will strain your back. Make sure you get up every hour or so to stretch out your back and get your blood circulation going.

2 Driving:

The hour commute to and from work you spent hunched over the wheel could be why you are in pain for the rest of the day.

3 Bad cold:

If you have been coughing and sneezing a lot for the past few weeks you could have strained a back muscle from the effort.



► Don't blow too hard.

4 Being overweight:

Any extra body weight places an extra strain on the joints, bones and muscles of your spine.

5 Stress:

People that are under a lot of pressure have been shown to unknowingly tense their back muscles, causing short term pain.

ROMINA MCGUINNIS

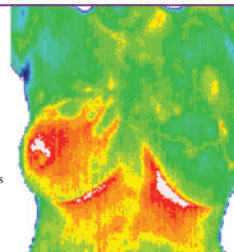
Early Detection Saves Lives

No Contact.
No Radiation.
No Cold Challenge.

Imaging done by medical professionals

For more information contact us at:
905.599.0383
prohealthimaging@live.ca
www.prohealthimaging.com

Fifteen locations and growing



Pro-Health Imaging

find us
follow us
like us

We're all over your city in more ways than one. Metro brings you breaking news and great reviews.

metro

Are you a Healthy Person between 18 and 55 years of age?

If so, we want to hear from you!

Apotex is currently recruiting healthy **men and women** to participate in studies on pharmaceutical products.



CALL: 416-741-4256 Toll Free: 1-877-APO-CLNC (1-877-276-2562)

Hours: 8:30am to 5pm Monday to Friday
or register online @ www.apotex.ca

- **YOU WILL BE PAID** upon completion of the study
- Compensation may range from **\$800 to \$3900** depending on the length of the study

APOTEX
ADVANCING GENERICS

NEW HOPE FOR HAIR LOSS

USING TLPTM



BEFORE



AFTER



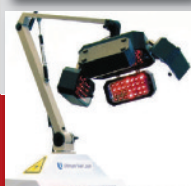
BEFORE



AFTER

TLPTM IS A "NEW" NON-SURGICAL SCIENTIFIC APPROACH FOR MEN AND WOMEN TO HELP CONTROL THINNING HAIR, BALDNESS AND PROBLEMS ASSOCIATED WITH THE SCALP.

This cold laser creates a soft halo of light around the scalp. Laser hair therapy is a medically tested, safe and proven method using low level laser energy, or "soft cold" laser light to effectively treat and control problem hair loss and encourage new growth.



Breaking News.

A new study published in the International Journal of Cosmetic Surgery and Aesthetic Dermatology showed a 93% increase in hair among the respondents using Cold Laser Therapy.

In addition, more than 89% of participants see noticeable indications of benefits within 6-12 weeks of therapy.

For those clients not able to come to our clinic on a regular basis, a home laser program is available. During your initial consultation and assessment, it will be determined if you are a good candidate for Laser Therapy; if so, your results are assured and backed by our exclusive guarantee.

YOUR FIRST STEP
is a no obligation

FREE CONSULTATION

Simply call 905.272.8884 • mississauga@biothera.ca
For more information check online @ www.biothera.ca

BIOThera
LASER CLINICS

33 City Centre Dr. Suite 680
Mississauga, ON

ORGANIKA®

Why wait to burn fat?
Start now! **naturally.**



SCAN ME!
Find out more how
CLA 95 can help you!

Organika available at:
Evergreen Natural Foods
513 St. Clair St., Toronto
416.536.2932

Evergreen Natural Foods
161 Roncesvalles Ave, TO
416.534.2684

Nutrition House
218 Yonge St., Toronto
416.598.2638

Nutrition House
1 Dundas St., Toronto
416.598.3111

Nutrition House / TD Centre
66 Wellington St. W, Toronto
416.955.9425

Nutrition House / BCE Place
181 Bay Street, Toronto
416.364.3838

Nutrition House / Sheppard Centre
4841 Yonge Street, Toronto
416.221.1919

Nutrition House / Hudson Bay Centre
2 Bloor Street East, Toronto
416.972.1441

Vita Plus / Queen's Quay Terminal
207 Queen's Quay W, Toronto
416.364.7718

Pure Health
199 Bay Street, Toronto
416.363.3926

**Trim & Tone
with CLA 95%**

Q1 Natural Foods
219 Roncesvalles Ave,
Toronto
416.537.1428
Foods for Life
2184 Bloor St. W, Toronto
416.762.5590



NPN 80018839

- May Increase Lean Muscle Mass
- Reduce Body Fat
- No Caffeine
- All Natural

Studies show, CLA safely decreases body fat in the following ways:

- Helps to increase rate of fat metabolism
- CLA when combined with low calorie diet and regular exercise may reduce body fat and increase lean muscle mass*

*These statements have not been evaluated by the Health Canada. Consult a healthcare practitioner. This product is not intended to diagnose, treat, cure or prevent any disease.

www.organika.com

Why we won't be ... skipping meals

1 You could gain weight: Strenuous, effective workouts require energy, lots of it. By not eating, we won't have sufficient energy to do anything strenuous, so forget calorie busting cardio workouts or simple daily things such as running up the stairs or riding our bike to work. We will feel lethargic and our metabolism

may slow down as it clings on to the little calories you have consumed. Not eating can also have an impact on your metabolic rate.

2 We could end up overeating: Not eating will make you feel hungry and as a result, you may crave sugary, fatty foods and anything filling enough to quench

your appetite. It's been said a million times but is true: Breakfast is the most important meal and the one that sets you off, helping you feel less hungry throughout the day. Skip your morning meal or lunch and you'll be pretty much starving by dinner.

3 It slows you down: Glucose provides our brain

with energy to function properly and a lack of it could affect your overall mental performance. Going on an interview on an empty stomach is a bad idea as concentration levels will be lowered. Not eating can affect your body's ability to control appetite, as you lose the regularity of set times and meals.

● ROMINA MCGUINNNESS

Brought to you by Dairy Farmers of Canada

The Health Benefits of Omega-3 DHA



Jane Dummer, RD

With all the health benefits linked to omega-3s for both you and your family, it's no surprise they are being added to many everyday foods. They can be found in products such as milk, yogurt and cheese that are enriched with DHA—a specific omega-3—to take extra advantage of the goodness of this nutrient.

Benefits Galore

Omega-3 fats are important during all stages of life. Omega-3s, especially DHA, are crucial for the healthy brain development of infants and children, when its growth is at its fastest and most crucial stage. DHAs pass from mother to baby during pregnancy and breastfeeding, so it's especially important for expectant and new mothers to make sure they get enough in their diet. Once toddlers switch to homogenized milk they need another source of DHA—thus the importance of fish and enriched foods. Not only do DHAs help develop healthy eyes in babies and children, but low intakes have been associated with numerous neurological and visual system problems. And the benefits don't stop in childhood. In adults, DHAs are strongly associated with lowering the risk of heart attack and stroke. And if all that's not enough evidence as to why you should include omega-3s in your family's daily diet, studies also suggest that the anti-inflammatory properties of these fatty acids may reduce the stiffness and pain of joints afflicted with arthritis.

What are Omega-3s?

Omega-3s are a type of polyunsaturated fat known to be good for health. The three main types are ALA, DHA and EPA. ALA is an essential fatty acid, which means our bodies need it, but we can't produce it on our own, so we need to get it from the foods we eat. Walnuts, flax seeds and canola oil are good sources.

Our bodies can produce DHA and EPA from the ALA we consume, however, this is not as efficient as getting them directly from food, therefore, it is important to consume DHA and EPA through our diet. These omega-3s can be found in fatty fish such as salmon, sardines and mackerel. Research shows that both DHA and EPA are important in many areas, including heart health and brain health.

THE EASY SOLUTION

While there is no official recommendation in terms of how much is enough, experts suggest a daily intake for healthy adults of DHA plus EPA in the range of 250 to 500 mg from their diet to benefit from the protective effect against heart disease. Also, a daily intake of 100 to 150 mg is proposed for children to assist with brain development.

DHAs are found mainly in fatty fish. Current recommendations for Canadians include 2 servings of fish per week. In addition to fish, DHA-enriched milk products make a lot of sense because they are more likely to appear on the menu on an everyday basis, just one more reason to benefit from at least 2 to 4 servings of milk products a day as recommended by Canada's Food Guide to Healthy Eating.

Build omega-3s into your routine

- Sprinkle walnuts on your yogurt and ground flax seeds in your baking.
- Try to have a couple of servings of higher-fat fish for dinner every week such as salmon, mackerel and sardines.
- Scramble up a couple of omega-3 enriched eggs for breakfast.
- When you go grocery shopping, bring home DHA-enriched milk, yogurt and cheese and enjoy some each and every day.
- For new easy ways to enjoy DHA-enriched milk products, use them in your regular recipes or check out some of ours at the website below.

dairygoodness.ca/omega3



Banish that bad breath

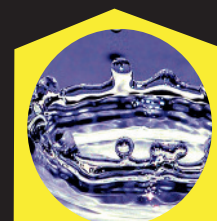
Don't blame the raw onion in your salad for your bad breath, otherwise known as 'halitosis'. According to nutritionist Michele Kingston anything from poor dental hygiene, a build up of plaque, infected gums and abscesses can cause odors to emanate from our mouth. A sluggish bowel and poor digestion (when food is digested slowly, it can putrefy in the bowel and release an odour through the mouth) along with smoking and dehydration can cause the smell. Stop it:

A clean diet

Improve digestion by eating lots of fibre from vegetables, fruits and whole grains. Go heavy on crispy, fibre rich fruit and vegetables such as apples, carrots and celery as these chewy foods increase the production of saliva, that helps keep the mouth moist and wash away the particles. Their firm texture can also help scrub away bacteria.

H₂O

Drinking water avoids dehydration, which leads to an accumulation of bacteria in the mouth. It also helps increase the production of saliva, whose antibacterial properties help rinse out the bad bacteria from the mouth. Saliva also contains oxygen, which fights bad smelling bacteria. Stay clear of caffeinated drinks and alcoholic beverages as these cause dehydration.



Cigarettes

Smoking not only leaves a stale taste in your mouth, it also happens to have a negative effect on bowel function as it uses up valuable nutrients in the body required by the gut to function properly. Smoking also kills off the beneficial bacteria in the gut allowing the 'bad' bacteria to proliferate.

Poor dental hygiene

Forget to brush your teeth and you may as well wave goodbye to your social life. Brush for at least two minutes, twice a day, including a good cleaning of the tongue. Floss daily as brushing alone is sometimes not enough to remove food particles that have gotten stuck in between the teeth. Finish off with a mouthwash made with a few drops of essential oils of tea tree, peppermint and lemon. ● ROMINA MCGUINNNESS

St. Michael's

Inspired Care.
Inspiring Science.

FED UP WITH FAD DIETS?

Steps to Less™
Weight Management Program

St. Michael's Hospital offers a unique 12 week weight management program led by a Registered Dietitian, a Psychotherapist and a Certified Fitness Trainer who will help you:

- Manage a healthy weight
- Enhance your energy & fitness
- Feel & look your best

Early bird
special: 10%
OFF before
April 1st

Program includes: 12 nutrition classes, 24 fitness classes, a personalized meal plan, a grocery shopping tour, healthy snacks, a cooking lesson & more!

Start Date: April 12th, 2011

Nutrition Counselling
also available

For more Information or Registration

Stefanie Senior, BSc, RD • 416.864.6060 ext 3200 • steptoless@smh.ca
<http://www.stmichaelshospital.com/steptoless>



Mother knows best when serving dumplings

► Get your dumpling fix with an array ranging from boiled to pan-fried

LUNCH RUSH

STEPHANIE DICKSON
FOOD@METRONEWS.CA

Dumplings filled with a variety of hand-mixed ingredients and pinched closed, crimped by delicate fingers. Noodles strewn by trained hands. This is artisan food, folks, but it won't cost you a fortune.

Choose from boiled, steamed, pan-fried and frozen dumplings with an amazing array of ingredients. We get pan-fried Pork and Bok Choy (\$6.95 for 10), Green-Onion Pancake (\$3.55), and some vegetable side dishes to balance out the dough.

The dumplings are fried on one side, so the texture is crisp and chewy,



► Pork and Bok Choy pan-fried dumplings (10 for \$6.95).

with fragrant minced pork in between — in other words, mouth-watering.

The pancake is heavier than I've had before, but thin layers of pastry interwoven with finely sliced onion, make it a standout.

The slight sweetness of the Celery Salad (\$2.79), the heat of the Bean Sprout Salad (\$1.89) and the tang of the Smashed Cucumber Salad (\$3.49) are the perfect accompaniments to the meal.

► **Mother's Dumplings**
421 Spadina Ave.
416-217-2008
mothersdumplings.com
Reservations: Yes
Social lunch: Yes
Rating: 5 out of 5

Hughes feels Iron Chef heat

Montreal chef Chuck Hughes was torn when he saw that Canadian lobster was the secret ingredient in his Iron Chef America battle against culinary superstar Bobby Flay.

While lobster is a staple at his restaurant, Garde Manger, and he has a tattoo of the crustacean on his forearm as a testament to his love for it, he also felt it could ruin his reputation if he lost the battle.

"It was like: 'If I don't win, then do I need to cut my arm off? What happens if I don't win? I'm a sham!'"

Thankfully, no amputation was necessary.

As viewers saw Sunday



► Canadian chef Chuck Hughes with Bobby Flay.

when the episode debuted on Food Network Canada, Hughes beat Flay 45-41 to become the second Canadian chef to emerge victorious in Kitchen Stadium. Vancouver's Rob Feenie

was the first, defeating Iron Chef Masaharu Morimoto in 2005.

"Now I feel like the pressure is on even more," said Hughes, who had to keep his victory a secret

until the episode aired here. "It's almost like now you need to live up to the fact that you won."

Hughes and his two sous chefs from Garde Manger, Jean-Francois Methot and James Baran, went into the hour-long cooking showdown against Flay and his team last July in New York City.

Hughes kept his menu in line with the comfort food for which he's known: Lobster roll with a Bloody Caesar cocktail; lobster poutine; lobster and onion ring salad with carrot butter and avocado; lobster mushroom risotto; and jerk-spiced lobster.

THE CANADIAN PRESS

Potato Scones



EMILY RICHARDS
FOOD@METRONEWS.CA

Here is an easy way to use up some leftover mashed potatoes to create a new recipe. The addition of mashed potato ensures that the scones stay moist for longer.

Preparation:

1 In bowl, combine all purpose and whole wheat flours, sugar, baking powder, salt and nutmeg. Using pastry cutter, cut in butter until mixture is the consistency of cornmeal. Stir in raisins.

2 In another bowl, whisk together potatoes, whole egg, yolk and milk until no lumps remain. Make a well in centre of dry ingredients and add potato mixture all at once. Stir

with fork to make a soft, slightly sticky dough. If necessary, add 1 to 2 tbsp (15 to 30 mL) more milk.

3 Turn out onto floured surface and press lightly into a ball. Knead gently about 6 times. Roll out dough to 1/2-inch (1 cm) thickness; cut into triangles or rounds. Place on ungreased baking sheet. Brush with slightly beaten egg white and sprinkle with sugar. Bake in 450 F (230 C) oven for 13 to 15 minutes.

THE CANADIAN PRESS/
PRINCE EDWARD ISLAND
POTATOES

EMILY RICHARDS IS
A PROFESSIONAL HOME
ECONOMIST, COOKBOOK AU-
THOR AND A TV CELEBRITY
CHEF. FOR MORE, VISIT
EMILYRICHARDSCOOKS.CA.

Ingredients:

- 1 2/3 cups (400 mL) all-purpose flour
- 2/3 cup (150 mL) whole-wheat flour
- 1/4 cup (50 mL) granulated sugar
- 4 tsp (20 mL) baking powder
- 1 tsp (5 mL) salt
- 1/4 tsp (1 mL) ground

- nutmeg
- 1/3 cup (75 mL) butter
- 1/3 cup (75 mL) raisins
- 3/4 cup (175 mL) mashed potatoes
- 1 egg
- 1 egg yolk
- 3/4 cup (175 mL) milk (approx)
- 1 egg white, tightly beaten
- Granulated sugar

FIND THE PIZZA SLICE & YOU COULD

WIN

1 of 5
\$100

PIZZA NOVA[®] PRIZE PACKS!



VISIT
clubmetro.com
TO ENTER

Search the paper for the hidden pizza slice - then go to **clubmetro.com** and tell us the page you found it on!

In 1 year become a
GRAPHIC DESIGNER
OR
WEB DESIGNER/DEVELOPER

1.888.NEW.CAREER
1.888.(639.2273)

YOU ARE INVITED TO A: FREE GRAPHIC & WEB DESIGN SEMINAR

WHERE?

HERZING COLLEGE – EATON CENTRE CAMPUS

WHEN?

WEDNESDAY, MARCH 23RD AT 6:30 PM SHARP

Meet the Instructors and Graduates!

Register now at info @ tor.herzing.edu
Or call 1-888-639-2273 to reserve your seat

Seating is limited!

www.herzing.edu Toronto Eaton Centre Campus

Turkey caesar takes any lunch from ho-hum to yum

THE CANADIAN PRESS/ HARBINGER HELLMAN - GIBSON & SMITH

When your youngsters peek into their school lunch, they will be in for a pleasant surprise if you pack this yummy turkey sandwich.

Gourmet-inspired ingredients such as caramelized onions, seasoned mayonnaise and roasted red peppers can give school lunch sandwiches a tasty boost.

Prepare ingredients that require extra effort on the weekends and keep them all week in the fridge.

Preparation:

- 1 In a bowl, mix turkey, mayonnaise, lemon juice, Parmesan and parsley. Season with pepper.
- 2 Place cut English muffins on a work surface. Spread half the turkey mixture over one-half of an English muffin, top with lettuce and remaining half of English muffin. Repeat with remaining ingredients.



► This Turkey Caesar Sandwich uses gourmet-inspired ingredients.

Ingredients:

- 500 ml (2 cups) chopped skinless leftover turkey (white meat)

- 40 ml (1/4 cup) low-fat mayonnaise-type dressing
- 2 ml (1/2 tsp) lemon juice
- 10 ml (2 tsp) grated Parmesan cheese

- Pinch parsley
- Cracked pepper, to taste
- 2 English muffins or whole-grain buns
- 2 leaves romaine lettuce

START AN ONLINE RELATIONSHIP.

order delivery @ swisschalet.com



Your penny persona...

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



What's your money personality? Laurie Campbell, executive director of Credit Canada, a not-for-profit debt and credit counselling charity, slots spenders and savers into five categories.

Take the quiz and see how where you fit.

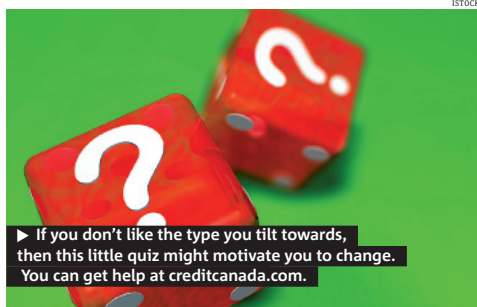
Question No. 1

- I'm afraid of running out of money before I die
- I save money with no specific goal or purpose
- I don't improve my standard of living because I don't want to spend money
- I often find myself grumbling about the cost of living

If you answered yes to two or more of these then classify yourself as a:

TIGHTWAD

Question No. 2



► If you don't like the type you tilt towards, then this little quiz might motivate you to change. You can get help at creditcanada.com.

- I have haphazard spending habits
- I feel tomorrow may not come or doesn't matter so I spend today
- I don't save for emergencies, major purchases or the future
- I have lots of credit available and debt that never seems to diminish

If yes to two or more then your money personality tends to be:

SPENDTHRIFT

Question No. 3

- I set goals and have a financial plan for the future
- I have a budget and I make adjustments as my life changes
- I live within my means
- I keep my debt to a minimum

mum

Do two or more fit you? If so then you are a:

GUARDIAN

Question No. 4

- I have big dreams and I'm tempted into get-rich-quick schemes
- I have no savings and pay for most larger purchases with my credit card
- I have no budget and don't track what I spend
- I like to take financial chances and hope my ship will come in to pay them off

If two or more fit you then you are a:

GAMBLER

Question No. 5

Make a donation

The rising costs for everything from food to transportation around the world mean that non-profit organizations and charities working in developing countries are also feeling the pinch. "For example, it now costs more for our field workers to provide daily meals to children in school and to bring necessary medicine and vaccines

- I have financial goals and a general plan
- I try to make regular RRSP/RESP contributions but am not always successful
- I have moderate to heavy debts but also some savings
- I believe a budget is a good idea but don't have one

Two or more yeses means that when it comes to money types you are a:

WORK IN PROGRESS



You've found the hidden
PIZZA NOVA
pizza slice. Go to
clubmetro.com and
enter for your chance
to WIN!

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA



HAVE KIDS, WILL SAVE

Raising a family is expensive. Households with children spend approximately 20 per cent more on food, clothing, shelter and entertainment when compared to households without children.

Parents can ease the financial burden by accessing helpful tax credits.

Most helpful is the Child Tax Credit which is \$2,101 per child under 18 years of age. This equates to approximately \$315 in federal tax savings per child.

If the credit can't be used by one parent to lower payable taxes, the amount can be transferred to a spouse or common-law partner.

Regardless of household income, the Universal Child Care Benefit (UCCB) is also available to families with children under the age of six. The benefit works out to \$100 per month and it is taxed on the return of the parent with the lower income.

If you're a single parent, you can claim this benefit in the income of the child for whom you are claim-

ing an amount for.

Lower income families have access to the Canada Learning Bond, which provides \$500 at birth for children whose families are entitled to the National Child Benefit Supplement. So long as the family qualifies, they will receive an additional \$100 bond each year until the child is 15 years old.

The Registered Education Savings Plan (RESP) provides an opportunity for parents to save for their child's education. Parents, grandparents or friends can contribute up to \$50,000 over the lifetime of the RESP through one lump sum payment or regular monthly or bi-weekly contributions (hint-hint: use the \$100/month UCCB). Contributions benefit from tax deferred growth.

Through the Canadian Education Savings Grant program, the RESP receives a 20 per cent "top-up" of the contribution (up to \$500 annually and \$7,200 throughout the life of the plan).

Parents don't receive a tax deduction when they contribute to this plan.

Child care expenses from daycares to nannies can also be claimed by the lower income spouse on their tax return.

Any unused amount cannot be claimed by the higher income earner unless there were special legal, medical, educational, or marital circumstances.

Keep your receipts for all relevant tax credits and benefits. Visit the Service Canada website for more information servicecanada.gc.ca.

Big results on return

In today's economy it seems our tax returns can't get here fast enough. Who doesn't love a little extra cash in their pocket? Here are some small suggestions that will help yield large returns.

Pay down credit card debt

By decreasing your principal, your interest payments will also lower, leaving a little more

breathing room at the end of each month.

Place money in a savings account

If you've been eyeing travel brochures or checking price drops on that 50" flat-screen television, putting a portion of your tax return into a savings account will help you reach your ultimate goal faster.

to health clinics," says Mark Lukowski, CEO of Christian Children's Fund of Canada. "But most of all, it is stressful for the children and families who were already living in poverty and who now wonder how they can afford a bag of rice or their children's school fees." Give a gift to help someone in need at ccfcanada.ca.

NEWS CANADA

**More than
a great-rate mortgage.**

**You could get \$750*
in free groceries.****

**It's easy. We'll help you.
Talk to us today.**

**President's Choice
FINANCIAL.**

pcffinancial.ca/mortgages | 1-866-747-8129

*Example based on a \$300,000 qualifying fresh cut fixed rate mortgage which would earn 750,000 PC points, redeemable for \$750 in free rewards at participating stores where President's Choice products are sold. Minimum redemption is 20,000 PC points (worth \$20 in rewards) and in further increments of 10,000 PC points. Number of PC points varies according to mortgage principal amount. Earn 2,500 PC points for every full \$1,000 of your total mortgage balance when your mortgage funds. Offer cannot be combined with other offers and is not available on variable rate, basic or 5% cash back fixed rate mortgages. President's Choice Financial mortgages are not available in Quebec. **PC points may not be redeemed against the purchase of tobacco, lottery tickets, alcohol, prescription medication, milk in Quebec, or any products or services prohibited by law or as we determine from time to time. President's Choice Financial personal banking services provided by the direct banking division of CIBC. PC points program is provided by President's Choice Services Inc. ©PC, President's Choice and President's Choice Financial are registered trademarks of Lablans Inc. Trademarks used under licence.

Bank on post-work bucks

► Fill your nest egg with an employer-sponsored plan ► Does your company have one? Ask

According to the Desjardins Financial Security 2010 retirement survey, in which 3,329 Canadians participated, 51.2 per cent do not have an employer-sponsored retirement savings or pension plan.

In fact, 54 per cent of women and 44.4 per cent of full-time employees were less likely to have this benefit.

In some cases, the benefit simply isn't offered. But if your company does provide a retirement savings program, here are some key reasons why you need to sign up now.

- Part of the pay-yourself-first concept: Your contributions are made automatically through payroll deductions, so it's virtually painless.

If you don't have it, you won't spend it.

- Tax savings: Your contributions are typically taken before taxes. This means



ISTOCK

sibly no front-end, back-end or deferred sales charges.

- Home buyer/life-long-learning possibility: Depending on your plan, you may be able to use some of your savings to purchase a house or return to school.

- Portability: If you decide to leave your employer, you should have the option of transferring your plan to another investment vehicle or savings plan.

With so much information available about retirement savings tips, it's easy to feel overwhelmed. But take the time to do a little research and then start saving regularly.

You may find that signing up for your employer-sponsored retirement savings plan is one of the best financial decisions you'll ever make. Most importantly, it's rewarding to be in charge of your financial future. **NEWSCANADA**

you're lowering your taxable income and your contributions can grow, tax-deferred.

- Matching employer contributions: Depending on the features of your plan, your employer may also contribute to your plan. This could mean doubling your savings.

- Choice of investment options: You may have access to a variety of investment options that have been carefully selected by experts.

- Lower investment/No transaction fees: Take advantage of group buying power, lower investment management fees and pos-

Ready to save?

More info on employer-sponsored retirement savings plans and pensions check out desjardinslifeinsurance.com.

Career Finder

To advertise contact Josie McKenzie at 416-443-4364

Change Your Career Become an OSTEOPATH

- 4 months FT or 9 mnts PT classes
- zero unemployment rate
- average osteopath income: \$90,000/yr
- student loan available
- class starting February 28

NationalAcademyofOsteopathy.com

416-635-6550

NATIONAL ACADEMY OF OSTEOPATHY

find us
follow us
like us

We're all over your city in more ways than one. Metro brings you breaking news and great reviews.

metro

Computerized Accounting Certificate

QuickBooks, Simply Accounting, ACCPAC (GL, AR, AP), Excel III

Computer & PC Repair Technician Certificate

Repair or install: Power Supply, memory, CPU, Overclocking, Windows Installation

Web Design Certificate Training: HTML, CSS, Dreamweaver, Photoshop, Javascript \$450

Enroll Now! 416.483.3567

Business & Technical Training College

150 Eglinton Ave E Suite 402 M4P 1E8

B I N G O



WHEN YOU REVITALIZE ONTARIO'S BINGO CENTRES, YOUR LOCAL CHARITIES WIN.

The Ontario Charitable Gaming Association, the Commercial Gaming Association of Ontario and OLG are helping to revitalize Ontario's Charitable Bingo and Gaming industry. OLG is developing and offering new products and technologies – like electronic bingo and other games – to invigorate the traditional bingo experience, with the objective of generating more money for thousands of local charities. Visit charitablegaming.com to learn more about the new initiative and how 6 Bingo Centres have already raised over \$30 million for Ontario charities through a pilot program.

www.charitablegaming.com

Know your limit
Play within it

OLGA

CGAO
Commercial Gaming Association of Ontario

OLG

Actor with a budding career

► Glen Matthews says he has new film, *Hobo with a Shotgun*, to thank for kicking his career into high gear



MARK
HEBERT
LIFE@METRONEWS.CA

After four years pursuing acting jobs in Halifax, Glen Matthews caught a break when a fake trailer he was cast in entitled *Hobo with a Shotgun* won the 2007 South by Southwest Grindhouse competition, spearheaded by director/producer Robert Rodriguez, of *Desperado* and *Sin City*.

The piece received such widespread praise that director Jason Eisener set out to turn the horror flick into it a full-length feature film. Matthews fortunately held his title role, and the film, starring Rutger Hauer, will see its premiere in Halifax this Wednesday, and its Canadian-wide release by the end of the week.

Every morning Matthews can be found handing out Metro papers in downtown Toronto. He took a few minutes to sit down and discuss both his job, his passion and working with some industry heavyweights.

Why was Halifax a good place to get started in this profession?

Nova Scotia is terrific. I love it. It's a terrific place to get your start, to get your bearings and be able to work while learning. Everybody's so supportive. Since I came to Toronto, I've basically been starting from new.

You've since moved to Toron-

to to try to gain more exposure as an actor. Were you nervous about the move?

It's a terrific city. I love it. I feel really safe here for some reason. Halifax has a terrible problem with random violence.

What was it like working with *Hobo with a Shotgun* director Jason Eisener?

Working with Jason Eisener has always been a collaborative affair. He surrounds himself with like-minded

individuals, and I think we share a common view on comedic elements. He's been working with me for years, has seen me develop into a professional and he knows my strengths and where to use them. On *Hobo* (the trailer and the feature film) he saw fit to place me into the role of the temper-tantruming, machete-wielding gang leader.

What was the most important thing you felt you had to do when working with lead ac-

tor Rutger Hauer?

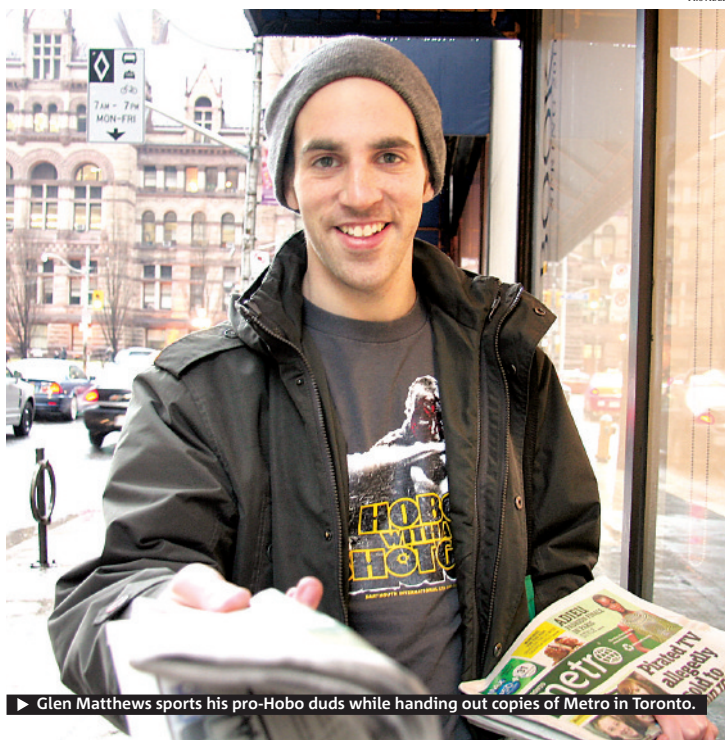
I think if you allow the nerves of that to get to you, you're not focusing on the right things. You need to be focused on the scene. You need to be focused on the product. If you're worried about Rutger Hauer, that's just wasted energy and you need every bit of it – especially in an Eisener film – that's all it is, just energy, energy, energy.

Will you be able to attend the premier?

I would have loved to join my hometown Haligonian friends for the *Hobo* premiere Wednesday night in Halifax but my jet-setting, life-of-luxury days are still ahead of me. I'll have to settle for Toronto's premiere. Not a shabby second-choice, whatsoever.

What's most exciting about attending the premiers?

I'm from the Maritimes, so I'll always enjoy a good party. Those events are always great for networking, but I find it most fun to catch up with those who worked on the film, that you haven't seen for months. Film crews become your family for weeks, and then you're severed from them. There's always a separation-anxiety involved at the end of a shoot. Lots of hugs and, "Oh my, how you've grown."



► Glen Matthews sports his pro-Hobo duds while handing out copies of Metro in Toronto.

Discovering power in prose

► **Diaspora Dialogues is linking aspiring poets with professionals**



MARK
HEBERT
LIFE@METRONEWS.CA



► Diaspora's workshops aim to give a voice to young people who wouldn't have considered sharing their talents.

Students all over the city are finding their voices thanks to an after school writing workshop that allows young literary minds to work with trained professionals.

Diaspora Dialogues is a free workshop that has been around since 2005 and is currently held at eight schools and serves 120 students. The workshops encourage the creation and presentation of new fiction, poetry and drama.

"It's been more of a blessing than anything," Kyara Tetreault, a senior high school student at Father John Redman Catholic Secondary School said.

The 18-year-old said Diaspora Dialogues peaked her interest because she would get a chance to share her poetry with her peers, something she said she wasn't able to do in the past.

"I haven't been in an environment where it has been appropriate," Tetreault said. "Poetry has always been an outlet for me."

Since joining the work-

shop, the soft-spoken student has gained the confidence to use her voice to its full potential and has begun singing in two clubs on a regular basis.

"Things have just skyrocketed since Diaspora Dialogues," Tetreault said.

Her story is one of many according to her teacher and a facilitator of the Father John Redman program.

"We're trying to get the kids comfortable voicing their work," Christopher Stidham said. "It's amazing. You can see a transformation. I just sit back and let my jaw hang."

The program will hold three year-end presentations this month. For more information, visit diasporadialogues.com.

Show dates

- Monday, March 21, 6 p.m. Danforth-Crescent Town Edge, S. Walter Stewart Branch Library, 170 Memorial Park Avenue (Coxwell and Danforth)
- Thursday, March 24, 6 p.m. Jamestown Edge, Albion District Branch Library, 1515 Albion Road (Albion and Kipling)
- Thursday, March 24, 6 p.m. Jamestown Edge Albion District Branch Library, 1515 Albion Road (Albion and Kipling)

WHAT DID YOU WANT TO BE?



It's not too late.
We have over 250 programs
to help you become *what –
and who –* you always
wanted to be. Check them
out at centennialcollege.ca

THE FUTURE OF LEARNING

COLLEGE
CENTENNIAL

MBA Essentials for Managers Eight Insightful Evenings Eight Inspiring Minds

Register today
Starts Tuesday, May 3, 2011

Call: 416.978.0578
or Register Online:
www.mbaessentials.ca



Rotman School of Management
UNIVERSITY OF TORONTO

Rotman

The woman who tackled the NFL

TORSTAR NEWS SERVICES



► Susan T. Spencer.

There aren't many places more masculine than a National Football League locker-room and the shop floor at a meat company.

Susan T. Spencer survived them both.

Spencer, the only woman to have been general manager of an NFL team, says there were a few things that helped her get by in the boys' club.

A thick skin sure came in handy when she walked into the Philadelphia Eagles' locker-room and all the players dropped their towels en masse. She was also once referred to as "the wicked witch of The Vet" (a reference to the now-torn down Philadelphia Veterans Stadium).

"You can either develop a thick skin and shrug it off, or you can stay home and suck your thumb," says Spencer, whose new book, *Briefcase Essentials*, deals with her experience with

the Eagles and the business world.

Recently, a newspaper columnist referred to her in print as "just another worthless bimbo." Rather than writing a nasty letter or making an angry phone call, Spencer says she found some humour in the insult, figuring it made the writer look worse than her.

"Honestly, I just laughed," she says.

While admitting she got her job with the Eagles because her father, Leonard Tose, was the owner, Spencer says she still want-

ed — and needed — to be taken seriously by other GMs, players and the team's bankers.

To do that, she had to understand every facet of the team's business better than any man would have had to. It's not fair, but that's the way the world is for women in a masculine environment, she says.

"You have to know your material stone-cold. Women are held to a higher standard than men," says Spencer, who was surrounded by football for much of her youth, thanks to her father's purchase of the Eagles in the 1960s. Even if women don't have the good fortune to be the child of a team owner or top business executive, there's no reason they can't do research on their own, she says.

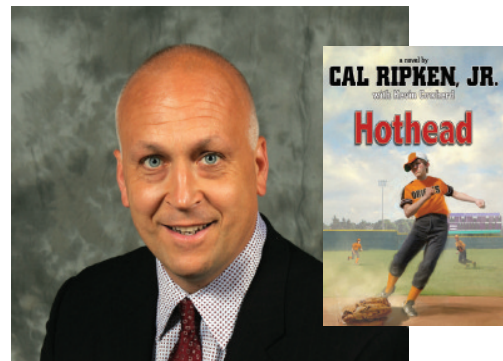
"You have to immerse yourself in it."

● TORSTAR NEWS SERVICE

INDIGO EXCLUSIVE

Cal Ripken, Jr.

Thursday, March 24th, 7pm
Indigo Yorkdale



Join us as "The Iron Man" **Cal Ripken, Jr.** - 19-time All Star and one of the best shortstops professional baseball has ever seen - signs *Hothead*, the first book in a series of exciting baseball novels for ages 9 and up.

No memorabilia, signing copies of *Hothead* only. Proof of purchase required from any Indigo, Chapters, WBB or Coles location.

Indigo

Visit us at indigo.ca/events and twitter.com/indigogreenroom

YORKVILLE LASER EYE CENTRE

Breakthrough pricing you will have to **SEE** to believe:

The lowest price in the GTA
for All-Laser LASIK starting at

\$495 /eye*

Financing available

- Advanced technology including Visx CustomVue, WaveLight Allegretto and IntraLase FS
- Experienced and skilled surgeons who specialize in All-Laser LASIK
- Personalized service and care

For Your **FREE**
LASIK Evaluation call:

1-866-999-0436

129 Yorkville Avenue, Suite 300
www.yorkvillelasik.com

*Prices are subject to change without prior notice and vary based on prescription strength. Applicable to surgery on both eyes only.



Dr. John Lloyd
MD, FRCSC

Dr. Mounir Bashour
MD, FRCSC

Yorkville Laser Eye Centre surgeons have performed over 65 000 procedures.

▶ Second careers are becoming more common ▶ If you've been out of school for some time, the prospect of a second career can seem daunting ▶ There are a number of federal and provincial programs to help you make the leap



A case for continuing education



When Janet Fleet lost her job as a receptionist and was unable to find employment, she decided to go back to school for a new set of skills.

She completed the Continuing Care Assistant program and is now gainfully employed in the field.

"I am very satisfied with the career choice I decided to take. It's very rewarding and I would recommend people who are looking for a career to go into something like

that," says Fleet.

The reality of Canada's "great recession" is that for two years a million and a half Canadians have been unemployed and many are working in poorly-paid, part-time jobs.

As a result, laid-off workers are seeking new ways to improve their skills or retrain for a completely different career.

At the same time, not everyone retrain because of job loss.

Career-oriented employees are constantly upgrading, looking to advance their careers and stay current with the lat-

est practices in their fields. Some are just looking for a fresh start; it's not uncommon to switch careers these days.

There are a variety of options to upgrade your skills, ranging from on-the-job training, courses and apprenticeship programs, to starting your own business.

As part of Canada's Economic Action Plan in 2009, an additional \$1 billion was invested over two fiscal years to respond to increased demand for training programs because of higher unemployment resulting from the economy.

Government training programs are a great place to start. Depending on your province, Employment Insurance (EI) programs and training may be administered by the federal government, provincial government or a combination of both.

For example, the federal apprenticeship incentive grants are designed to attract and encourage apprentices to complete their training.

Eligible apprentices could receive up to \$4,000, which can be used to pay for tuition, travel, tools and other expenses.

The B.C. Job Opportu-

nities Program is one of three community development trust programs formed to create job opportunities for unemployed resource workers.

According to their website, "The Job Opportunities Program is making a difference in the lives of resource workers, their families and their communities in many parts of British Columbia."

In 2008, the Second Career program was launched by the Ontario Ministry of Training, Colleges and Universities.

It would provide up to \$28,000 to eligible, laid-off workers to cover tu-

ition and living expenses as they retrain for new jobs.

Unfortunately, a number of these government training programs' funds are drying up this year. The B.C. Job Opportunities and Transitional Assistance programs are closing at the end of the month, as well as Ontario's Second Career program.

However, there are still numerous alternative funding schemes available to individuals, companies and unions to deal with the costs associated with training, retraining and education.

Paying your way

- ▶ The Lifelong Learning Plan (LLP) is provided by the Canada Revenue Agency and allows you to draw funds from your RRSP to finance training or education. Visit the CRA site at cra.gc.ca.
- ▶ For federal apprenticeship incentive and completion grants, applications are online at service-canada.gc.ca, or call toll-free 1-866-742-3644.
- ▶ Employment Ontario provides information on help to pay for school, training for trades, and advice for older workers. Visit tcu.gov.on.ca or call toll-free 1-800-387-5514.
- ▶ To find Continuing Education Classes in Ontario start by contacting the post-secondary education institution of your choice.
- ▶ For a list of all Ontario universities and colleges that offer continuing education courses, visit canadianuniversities.net and type Continuing Education Ontario in to the search engine.
- ▶ You can also contact the Toronto District School Board's Continuing Education Dept. at 416-338-4000.

Your tomorrow starts today.

Classes Start Soon

Community Service Worker Pharmacy Assistant
Intra-Oral Dental Assistant

Also enrolling for...

- Massage Therapy
- Medical & General Lab Assistant
- Professional Fitness Consultant
- Personal Support Worker
- Medical Office Assistant

Be in demand for an in-demand career.



Real People > Real Training > Real Jobs

Toronto Campus
1-866-970-9216

Scarborough Campus
1-888-815-2283

Brampton Campus
1-888-815-3187

www.medixschool.ca





Why not advertise

A possible route to teaching your native language outside the public or private school system is to advertise your services.

"People start by putting an ad in the paper, on Facebook, or other social media to get their name out there," says Tortorici.

▶ Another great place to advertise is on college and university campuses or other places where there's likely to be traffic of people interested in learning or perfecting a language — think PhD students, foreign students and possibly international business people.

▶ Or check out ethnic organizations, for example Portuguese or Italian community groups or Chinese Canadian associations.



Could you teach a language?

▶ Just because you can speak a language, doesn't mean you can teach it ▶ Experience goes a long way



PAULINE
ANDERSON
LIFE@METRONEWS.CA

If you're a newcomer to this country, chances are you've got a built-in skill to pass on to Canadians — your mother tongue.

But making an extra buck teaching your native language may not be as easy as you think.

"Just because you can

speak a language doesn't mean you can teach it," says Raffaele Pecoraro, a trilingual (English, Italian and Spanish) teacher at the Han Language Centre in Toronto.

"Teaching experience is very important."

That said, it's not impossible for a relative novice to get a position teaching in one of Canada's private language schools.

The Han Centre offers courses in German, Russian, French, Spanish, Italian, Arabic, Mandarin, "almost anything if we can find a teacher for it," says Pecoraro.

Living Spanish, too, prefers to hire teachers with some experience, says Rosa Maria Tortorici, a teacher in Venezuela before starting the Living Spanish school in 2006.

She gets lots of calls from Spanish-speaking immigrants keen to teach their language.

Many are trained professionals who want to teach Spanish to help them through the "transition" period before they land a job in their field, says Tortorici.

While the school prefers experienced teachers, it has trained novices

on occasion. "But that's mostly for the cultural component rather than the grammar component," says Tortorici (the school offers cooking and other cultural classes in addition to language courses).

If you've taught in another country and want to teach your native language in a publicly funded school in Ontario, you will likely first have to take upgrad-

ing courses. At some point in the process, you can obtain a temporary teaching certificate that allows you to teach while completing required courses.

It's been Tortorici's experience that it can take upwards of a year for newly landed teachers, like herself, to get accredited in Ontario. It appears it's a similar story at school boards across the country.



DO MORE with a CGA designation.

Discover the CGA designation and why it could be a great career choice for you.

- ☒ High earning potential
- ☒ Immediate career benefits
- ☒ Work/life balance

You could WIN a \$2,500 Scholarship!

Visit cga-domore.org



We see more than numbers.



Urban learning. Continuing inspiration.

Immerse yourself in the energy and diversity of our city. Join a Continuing Education class at George Brown College. Experience our many benefits within a motivating community of your peers — all in a downtown environment.



Impressive choice

With more than 220 subjects, it's easy to find what you're looking for, whatever your interests. Our many industry partnerships further enrich our selection.

Outstanding instruction

Our instructors are both active professionals and terrific in the classroom. Courses are practical, up-to-date and taught with a hands-on approach.

Valuable options

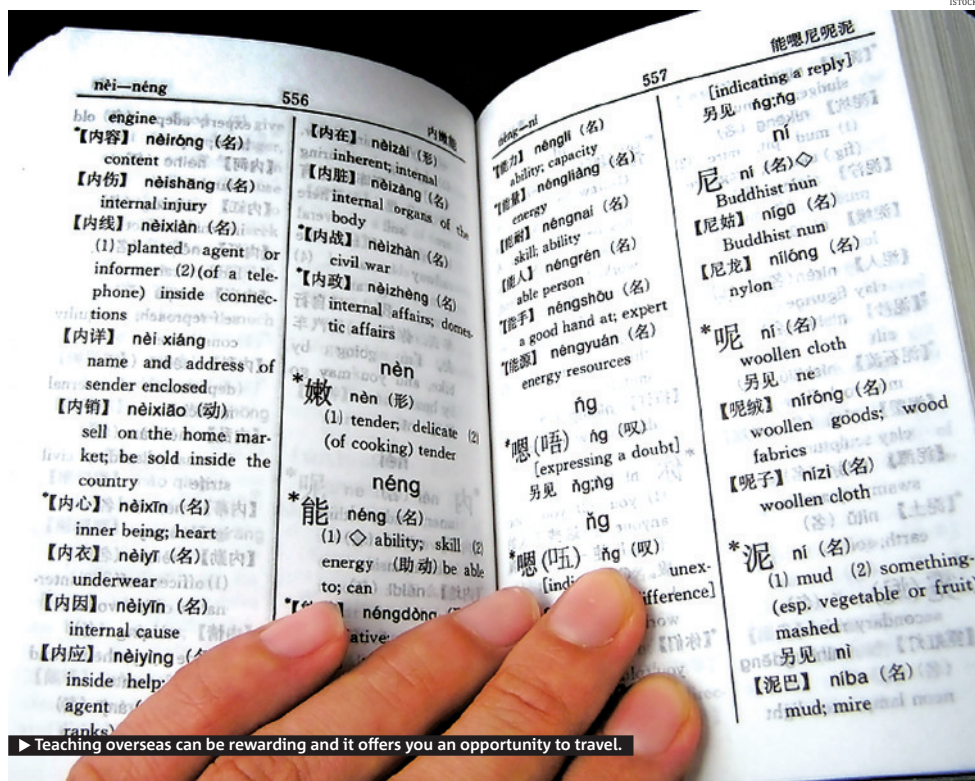
Our evening, weekend, day and online classes work for working people. And you can work toward a certificate at your own pace — you register (and pay) on a course-by-course basis.

Convenient locations

Our downtown campuses are located minutes from the subway. But online options also mean you can study from anywhere.

Register now for spring classes at coned.georgebrown.ca

Priceless rewards: Teaching abroad



► Teaching overseas can be rewarding and it offers you an opportunity to travel.

► If you'd like an opportunity to learn about another culture while sharing yours, consider teaching abroad ► There are a number of certificate programs and international schools to help on your way



would be so oppressive it was impossible to move without being drenched in sweat.

From our dorm room balconies, we watched men in bare feet, trousers hiked up, working the flooded rice paddies with plows drawn by water buffalo. On Sundays, women washed clothes in a stream, though 10 minutes away they could buy an electric washing machine in the bustling metropolis of Yue Qing.

We'd duck down beside the cafeteria window at mealtimes and point to stainless steel pans of mystery meat, scooped by young women wearing thick white surgical masks behind the glass.

In the hallway, my little girls chattered like birds, yet I had to practically press my ear to their mouths to hear them in class as they shrank into their seats.

To draw them out, I played every game and taught them every pop song I could muster, while trying to interest them in co-ordinating conjunc-

tions and find vocabulary that related to their lives.

Five girls crowded around to talk one day. The boldest, Fei, who'd been Claire until I said her Chinese name sounded lovely in English, said she'd never spoken to a foreigner before, or walked beside one.

Another day, the class monitor informed me the material was too easy, and they'd rather hear about me.

"But I'm supposed to be teaching writing," I protested.

"Yes, but we won't tell," she said.

That's how I ended up describing polar bears and snowy mountains to a rapt audience, along with the world's tallest tower and maple sap dripping from trees and 283,000 Chinese in Toronto alone, and how on the subway you can hear people speaking languages from every country in the world.

You have to be flexible to teach ESL abroad, I learned, but the rewards are priceless.

Did you have to leave High School before graduating?



If you left school for financial or social reasons you may now enter the University of Toronto through the Transitional Year Programme. This is a one-year, full-time preparation programme for people 19 or over. Students enrol at the University of Toronto and are usually eligible for financial assistance.

Transitional Year Programme
For information:
416-978-6832
www.utoronto.ca/tyip



Transitional Year Programme
UNIVERSITY OF TORONTO



CYNTHIA
DAVID
LIFE@METRONEWS.CA

On the first day of summer school in China's Zhejiang province, my 30 teenage students recited their English names. Among them, Vera, Phoebe, Sofia, Baron, and Iverson, who wore a basketball shirt bearing his hero's name and number.

Another class had cousins named Easy and Crazy.

I was green as a leaf after two semesters of George Brown's ESL teacher training program. The annual trip is a perk for graduates deemed adaptable enough to survive a month in China.

Nobody mentioned we'd be awakened by firecrackers at 4:30 a.m. for days on end, part of the ritual as the villagers nearby buried their dead.

Or that once the typhoon passed, the heat

RYERSON UNIVERSITY

When I moved to Canada in 2005 I wanted to enter the CMA program, but I required some additional qualifications. The Chang School offered precisely the courses I needed, so I enrolled and completed them. I was then accepted into the CMA program and I now have my CMA designation.

Gianpaolo
Certified Management
Accountant
Learner, Accounting
and Finance



THE CHANG SCHOOL

RYERSON UNIVERSITY
CONTINUING EDUCATION

The future belongs to you.
Make your mark.
Enroll in The Chang School
of Continuing Education
at Ryerson University.
ryerson.ca/ce

Scan this code
and get more
information.



Achieve more.

Andrew Close

Student, **Business & Professional Studies**,
and Director of Systems Engineering for
Cisco Systems Canada.

“Without interaction with peers and recognized professionals in and outside of your industry, you are probably losing ground. U of T’s School of Continuing Studies provides access to excellent instructors, up-to-date content and an atmosphere for open, constructive exchange of ideas and knowledge.”

From Arts to Business, Creative Writing to Languages, we offer hundreds of courses to enhance your skills and enrich your life. For a course catalogue or to register, call **416.978.2400** or visit:

www.learn.utoronto.ca



UNIVERSITY OF TORONTO
SCHOOL OF CONTINUING STUDIES



The world is your oyster

▶ ESL teaching may seem easy from afar, but just because you know English doesn't mean you're qualified ▶ It can be a very satisfying job



CYNTHIA DAVID
LIFE@METRONEWS.CA

Looking for a job where you can travel the world while getting paid, or stay home and have the world come to you?

Teaching ESL, or English as a Second Language, may be for you.

TESL Coordinator Irene McKay of Toronto's George Brown College, says she recommends ESL to anyone who loves to interact with people and learn about other cultures.

But there are a few

things she'd like potential teachers to know.

"The job is physically challenging and demanding," McKay said. "If you're teaching five to six hours a day it takes a lot out of you, and you have to be well prepared to keep your students motivated and stimulated."

She also advises potential candidates that courses such as George Brown's are tough. You need to master grammar to be able to teach it, and don't expect to stand up and lecture your class of 25 adults — today's ESL classes are

interactive, with group activities and games to plan.

"You have to be open, flexible and empathetic," McKay said.

In Vancouver, veteran teacher trainer Tillat Khalid of Global Village says teaching English also requires dedication.

"You can't just waltz into a classroom and wing it talking about last night's hockey game," said Khalid, who warns against expensive quickie ESL courses that may not get you a job. "And you can't finish work and go home and forget about it."

You won't get rich teaching ESL, either, she notes. Private language schools pay about \$25 an hour and may only offer a few hours' work, and there's no job security.

Both McKay and Khalid agree that teachers with a specialty are in demand, whether it's teaching English to snowboarders in Whistler or to nurses and construction project managers in Toronto. Private tutoring is another option.

Despite the downside, neither woman can imagine a profession more gratifying.



DURHAM COLLEGE
SUCCESS MATTERS

Endless Possibilities

Continuing Education



Wherever you want to go,
Online Education can help you get there.

- ✓ no time off work - work around your schedule
- ✓ study at home - great for parents of young children
- ✓ study day or night - course material available 24/7
- ✓ accessible teachers - online chats & message boards
- ✓ many courses start monthly or are "Fast Track"

Let us help you achieve your career goals,
visit our website for more details.

www.durhamcollege.ca/coned

ESL 101

If you're serious about ESL training, go to the TESL Canada (Teaching English as a Second Language) website at tesl.ca and find an accredited program in your province.

- ▶ Choose a course that gives you hands-on teaching experience.
- ▶ Many ESL programs for teachers require an undergraduate degree. Full-time community college teaching jobs are scarce and require a master's degree.
- ▶ If you'd like to teach abroad, a CELTA certificate from Cambridge University, offered across Canada, is widely recognized.
- ▶ Note that some overseas employers prefer young English teachers.
- ▶ Check out job opportunities abroad at eslcafe.com.



RYERSON UNIVERSITY

I graduated from university several years ago. I now work in marketing research and decided to take some evening courses at The Chang School to broaden my skills. I soon found I was incorporating theories from my Strategic Marketing studies into my work. The knowledge I've gained will help me advance when the time is right.

Kimberly
Research Associate
Learner, Certificate
in Strategic Marketing



THE CHANG SCHOOL

RYERSON UNIVERSITY
CONTINUING EDUCATION

The future belongs to you.
Make your mark.
Enroll in The Chang School
of Continuing Education
at Ryerson University.
ryerson.ca/ce

Scan this code
and get more
information.



ISTOCK IMAGES



► When it comes to ESL teaching, you can't walk into class unprepared.

**TRAIN FOR A REWARDING CAREER AS A
POLICE OFFICER, SECURITY GUARD, RCMP
OR PRIVATE INVESTIGATOR WITH A
POLICE FOUNDATIONS DIPLOMA**



*
Real triOS
Students



triOS COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE

1-866-918-7634 Careerin1.com

Toronto: 425 Bloor St. E. Scarborough: 4438 Sheppard Ave. E.
Mississauga: 55 City Centre Dr. Brampton: 252 Queen St. E.
Oshawa: 200 John St. Hamilton: 4 Hughson St. S.

Seneca | FACULTY OF CONTINUING
EDUCATION & TRAINING

LIVE YOUR DREAM.

Living your dream is all about making it real.
At Seneca College we can help.

View the Spring/Summer 2011 Part-Time
Studies Calendar at senecacollege.ca/ce

REGISTER TODAY.

FOR INFORMATION:
416.491.5050 x2529

TO REGISTER:
senecacollege.ca/ce



more

Continuing Education



Choose from more than 1400
courses and 200 part-time
certificates. Professional
and personal development
courses offered online or in
a classroom.

Register now!

humber.ca/continuingeducation

ADULT LITERACY:

► Adult illiteracy – It's more common than you think ► Those that struggle to read develop tricks to



ALEX
NEWMAN
LIFE@METRONEWS.CA

Brian Armstrong, a 37-year-old businessman, has a secret he's willing

to share. Until age 23, one of the few things he could read was a menu, and even that wasn't always correct. If it hadn't been for an insightful and de-

termined "former biker" friend, he'd still be that way.

Hardly anyone knew, because Armstrong became an expert at cover-

up — timing bathroom breaks in meetings so that when a written report came around to him he wasn't there to read it, and having two sympa-

thetic staff who, unasked, concealed the truth from others.

After Armstrong's struggle was discovered, he was given a strict regimen by his friend — reading five pages a day, highlighting what he didn't understand, and journaling on everything from getting up to shaving to brushing his teeth.

"But he never belittled me, or made me feel stupid," Armstrong recalls.

Armstrong's literacy

problems began in elementary school, thanks to an abusive home life, illness and a school system that didn't push him to the next level.

By Grade 8, he was so far behind, he quit school.

It's not an unusual story — considering that 42 per cent of Canadians have low enough literacy skills that they can't fill out a medical form, and of those, 15 per cent function at the lowest level.

Apply knowledge creatively to your career and your life.

You've got goals.

Whether you want to build on your current skills, embark on a new career, or simply try something new, Sheridan's Continuing Education courses and credentials can help you reach them.

Choose from over 800 courses — either online or conveniently located in Brampton, Mississauga and Oakville.

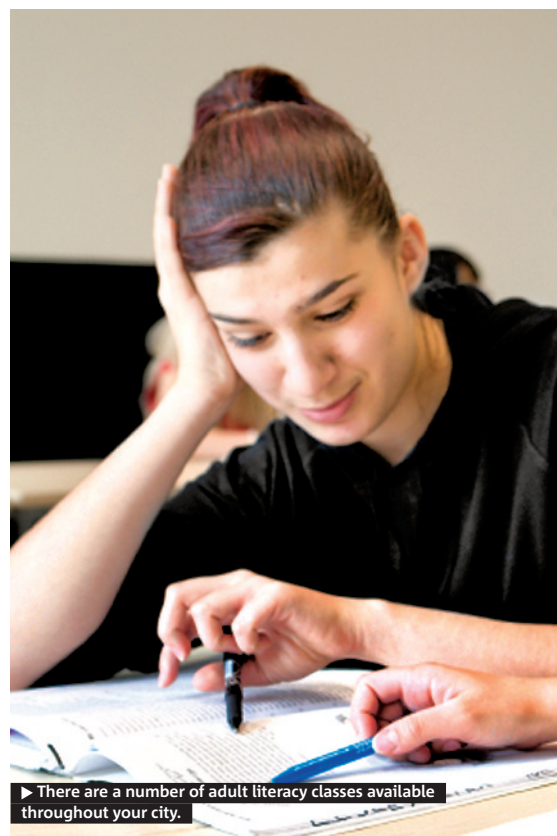
Plan now to attend our August Open House!

August 16 (7 p.m.) — Oakville campus
August 18 (7 p.m.) — Brampton campus
Details on our website!

 *Shine Brighter*
Sheridan
CONTINUING
EDUCATION

Register today!

Spring classes begin the week of April 25!
goals.sheridaninstitute.ca



► There are a number of adult literacy classes available throughout your city.

Teaching literacy a feel-good challenge

Ashima Sumaru became a teacher of adult literacy because she "loves challenging work, and the way her students challenge the way she thinks about things."

A coordinator for Edmonton's Centre for Family Literacy, Sumaru has a degree in English, and a degree in Education, but adult literacy teachers are only required to have a teaching certificate plus some experience teaching adults. However, most

agencies that provide programs rely heavily on volunteer tutors to provide one-on-one instruction.

Provincially funded programs are offered by school boards, colleges and community based organizations. If someone you know is struggling with literacy, check lookunderlearn.ca or frontiercollege.ca, both of which list literacy programs in Canada. You can also check with your local library. ● ALEX NEWMAN

NEVER TOO LATE

avoid anyone from noticing 🟡 There are many programs to help anyone learn more at any level

But the veil of secrecy has most believing they're alone with this problem and unable to scrounge up the courage it takes to ask for help, says Adrienne Laughington, coordinator at Edmonton's Centre for Family Literacy.

So it's left to family members and friends — like Armstrong's biker friend — to figure out if there's a problem and then suggest ways to correct it.

Although the Literacy Centre occasionally advertises on radio, buddies with other community programs and puts up easy-to-read posters, Laughington says "the best advertising is through word of mouth.

We have a learner right now who is recruiting his friend to join our program."

Employers, though, would be well advised to identify staff with literacy problems — Armstrong

can tell concealment tricks right away.

Statistically speaking, it's in their best interest.

According to 2005 Statistics Canada numbers, employers who

make use of literacy programs see a 251 per cent rate of return on improved productivity.

While Armstrong's transformation was "painful," he says it was worth it.

"Developing a habit of highlighting words I don't quite grasp has given me a deeper understanding of how to use words and my dream is to one day write a book," Armstrong said.



RYERSON UNIVERSITY

Want to make your mark?

Mark this on your calendar.

Come to Information Night at The Chang School and learn how you can achieve the future you want. We offer over 1,400 courses and over 80 certificate programs. From university degree and certificate credit courses to professional accreditation, you can choose in-class or online options to fit your busy schedule.

INFORMATION NIGHT Thursday,
March 31, 2011
4:30 p.m. – 7:00 p.m.
350 Victoria Street, Toronto, ON
(1 block east of Dundas subway)
ryerson.ca/ce/infonight
Classes start May 2, 2011



Scan this code and get more information.

The future belongs to you. Make *your* mark.
The Chang School of Continuing Education
at Ryerson University.
ryerson.ca/ce

THE CHANG SCHOOL

RYERSON UNIVERSITY
CONTINUING EDUCATION

**Don't leave
opportunity knocking...
A CMA designation
opens doors.**



**CMA offers a
comprehensive
bridging program to
help you qualify for
the designation.**



Visit becomeacma.com/infosessions
or scan the QR code with your
smartphone to view an online
information session or register
for a location near you.

1 800 387 2991 x113



**Certified
Management
Accountants™**

© 2011 Certified Management Accountants of Ontario. All rights reserved.
®/™ Registered Trade-Marks/Trade-Marks are owned by
The Society of Management Accountants of Canada. Used under license.

Parlez-vous Français?

► Many don't know how to speak one of Canada's official languages ► Learn by taking a French vacation



**PAULINE
ANDERSON**
LIFE@METRONEWS.CA

Your kids are learning French, so why don't you?

French immersion programs that were introduced into Canadian schools in the 1970s have been deemed a huge success.

If you're keen to become fluent in Canada's other official language, there are a number of routes to choose from. One option is to combine learning French with a vacation. The University of Western Ontario's Trois-Pistoles French Immersion School offers a one-week program for adults. You stay with a French Canadian host and drink in the charms of this



small Quebec town on the lower St. Lawrence.

In the Maritimes, the Université Sainte-Anne, set on the shores of Saint Mary's Bay in Nova Scotia, offers a five-week immersion program in the spring and summer. It's the only immersion program in Canada where the staff lives on campus with the students. You can earn university credits while you're at it.

For year-round inten-

sive French language classes, there are several schools to choose from. Check out Edu-Inter in Quebec City, École de langues de l'Estrie in Montreal or Ottawa, the Canadian Language Exchange Center in Montreal, Toronto, or Vancouver, Cactus in Montreal and Quebec City, Little Sorbonne Language School in Vancouver, or one of the nine Alliance Française locations across the country.



AIU student Matt in Regina, SK

Go.

The best academic path to take is one that keeps up to your pace. With more than 700 courses and 90 different degree, diploma and certificate programs delivered online and at a distance, **Athabasca University** offers flexible options for completing your education – without having to change your busy lifestyle.

Learn more at
www.athabascau.ca.

Athabasca University

Pens back Cooke suspension

The Pittsburgh Penguins think the NHL finally got the message right. It didn't matter that one of their own players received it.

NHL disciplinarian Colin Campbell handed down his stiffest suspension of the season yesterday, banning Penguins agitator Matt Cooke for the rest of the regular season and first round of the playoffs after he elbowed Rangers defenceman Ryan McDonagh in the head.

Pittsburgh has 10 games remaining in the regular season so the suspension will be a minimum of 14 games. Cooke will forfeit \$219,512.20 US in salary.

The Penguins organization has been outspoken about the need to clean up the sport and took the unprecedented step of applauding a decision against one of their own players.

"The suspension is warranted because that's exactly the kind of hit we're

trying to get out of the game," Pittsburgh GM Ray Shero said in a statement. "Head shots have no place in hockey. We've told Matt in no uncertain terms that this kind of action on the ice is unacceptable and cannot happen.

"Head shots must be dealt with severely, and the Pittsburgh Penguins support the NHL in sending this very strong message."

THE ASSOCIATED PRESS



KEITH SRAKO/CITIZEN PRESS

► Matt Cooke is escorted off the ice after a hit he has been suspended for.

Another Raps low in Mile High City

► Toronto crash in Denver on the second night of back-to-back

Ty Lawson scored 23 points and Denver's smothering defence forced 23 turnovers, helping the Nuggets snap a two-game skid with a 123-90 rout of the Toronto Raptors last night.

The Nuggets raced out to a 29-point lead in the second quarter and never looked back, beating the Raptors for the seventh straight time at home.

Denver was without guards Raymond Felton (left ankle) and Arron Afflalo (left hamstring), but hardly missed a beat. The Nuggets (42-29) had seven players score in double figures as they improved to 10-4 since the blockbuster deal that sent Carmelo Anthony to the New York Knicks last month.

Andrea Bargnani had 20 points for the Raptors (20-50), who snapped a franchise-record 14-game road losing streak the night be-

123	90
NUGGETS	RAPTORS

fore in Oklahoma City.

With Lawson leading the charge, the Nuggets pushed the pace all night on the fatigued Raptors.

The diminutive point guard scored 17 of his points in the first quarter. He also finished with eight assists before getting the rest of the night off early in the fourth quarter, along with the other starters.

Everything was going the Nuggets' way early, including a buzzer-beater by Danilo Gallinari to end the first half, giving Denver a 72-44 lead.

Denver led by as many as 41 points, before hitting the brakes. THE ASSOCIATED PRESS



JACK DEMPSEY/THE ASSOCIATED PRESS

► Nuggets forward Danilo Gallinari goes between Toronto Raptors Reggie Evans and James Johnson last night.

Malhotra done for the season

The Vancouver Canucks have lost veteran centre Manny Malhotra for the rest of the season with a serious eye injury.

Malhotra was injured last Wednesday against Colorado when a pass deflected off the stick of Colorado defenceman Erik Johnson into his eye.

The 30-year-old, who does not wear a visor, needed surgery that night and questions remain

11 Number of goals Malhotra scored in 72 games. He had 30 points.

about the long-term quality of his vision.

Malhotra was second in the NHL at 61.7 per cent on faceoffs and key to Vancouver's penalty killing improving to second in the league from 18th at the time he was hurt.

THE CANADIAN PRESS



JONATHAN HAYWARD/THE CANADIAN PRESS

Sports in brief

Raonic moves up three spots

TENNIS. Canadian Milos Raonic has moved up three places in the ATP rankings to No. 34. The 20-year-old from Thornhill made it to the third round at Indian Wells last week before losing to American Ryan Harrison.

Raonic's record is 16-4 this year.

THE CANADIAN PRESS

Argos lock up Cory Boyd

CFL. Running back Cory Boyd has been rewarded for a spectacular rookie season with a long-term contract from the Toronto Argonauts. The Argos gave their 2010 player of the year an extension through the 2013 season.

THE CANADIAN PRESS

4
sports

Leafs preview

Leafs at Wild, 8 p.m. ET
TV: Leafs TV
Radio: AM 640



Toronto (32-31-10) will need a monumental effort to make the playoffs. Right now the Leafs sit 10th in the Eastern Conference and will need to win practically all of their nine remaining games to stay in contention for the post-season.



Minnesota (35-20-8) will be playing with a chip on its shoulder after an 8-1 pounding at the hands of the Montreal Canadiens. Goal-tender Niklas Backstrom is one of the best in the league when he's hot, and he should be motivated to try to turn his Wild around.

THE CANADIAN PRESS



Scan code for more sports

FROM THE CANADIAN PRESS



son	73	6	26	32	18	42
son	69	15	14	24	4	38
ansson	60	11	13	24	2	8
son	49	8	16	24	6	48
son	69	8	15	23	1	102
nera	73	8	14	22	12	59
son	45	10	10	20	1	16
ault	35	7	14	23	1	20
son	38	7	12	15	24	8
son	27	4	7	11	5	21
ley	52	4	6	10	-2	61
line	65	3	7	10	0	87
son	70	1	9	10	5	28
litz	63	1	8	9	5	12
son	63	1	8	9	5	14
son	21	2	5	5	-4	8
son	30	1	5	6	-5	12
gle	26	2	2	3	1	6
rdon	9	1	1	2	-2	0
son	15	0	2	2	-2	25
son	7	0	1	1	-1	2
pie	1	0	0	0	0	0
son	1	0	0	0	0	0
irth	43	0	0	0	0	0
son	24	0	0	0	0	2
son	13	0	1	1	0	0

Avg	W	L	OT	Svs	Sv%
2.22	13	3	2	604	927
2.22	14	4	7	1595	925
2.26	47	17	9	2202	924
2.09	27	20	8	1610	930
2.09	28	1	2	576	935
2.60	0	0	0	25	850
2.62	38	25	10	2214	924
1.95	9	2	2	314	930
2.27	10	8	4	677	923
2.42	23	11	4	1145	916
2.08	42	21	5	1756	920
2.08	42	21	8	1576	927
2.75	10	12	2	781	917
2.36	39	22	10	2362	928
2.10	10	5	3	494	924
2.10	31	18	5	1553	917
2.38	41	23	8	2053	915
2.38	41	23	8	2053	915
2.57	10	8	3	601	908
2.13	8	6	2	6001	913
2.13	8	6	0	426	923
2.35	31	24	4	1714	921
2.35	39	30	4	2148	918
2.35	39	30	4	2148	918
2.39	6	2	1	334	922
2.46	40	26	7	2253	919

2.34	13	11	2	688	.915
2.45	21	22	2	1119	.902
2.05	0	1	0	56	.893
3.48	34	34	4	1868	.905
2.47	19	17	5	1506	.917
2.57	12	6	3	581	.900
2.52	42	23	8	2100	.911
2.43	17	8	3	802	.915
2.56	26	11	5	1293	.916
2.00	1	0	0	36	.889
2.59	44	19	8	2136	.913
2.46	8	7	5	684	.917
2.15	21	5	5	1605	.921
2.64	20	1	2	1035	.897
2.60	40	10	5	2320	.916
2.00	0	0	0	4	1.000
2.55	30	20	9	1783	.916
2.75	8	5	0	427	.911
2.68	38	25	9	2222	.912
2.51	21	19	5	1421	.920
2.78	12	10	3	837	.915
2.32	28	30	3	1535	.915
2.33	28	14	5	1262	.916
2.02	11	11	3	799	.897
2.69	39	25	8	2070	.905
2.88	0	0	0	16	.938

2.54	32	18	8	1873	919
2.56	7	6	3	529	909
2.71	39	24	11	2421	914
2.73	29	14	5	1605	914
2.74	34	14	5	1605	910
2.77	5	2	3	298	903
2.78	43	21	8	2184	908
2.79	4	5	5	352	906
2.85	33	22	5	2183	901
2.86	27	10	21	2183	901
2.88	2	0	0	72	972
2.50	26	16	3	1484	925
2.43	6	2	1	246	902
2.70	4	1	5	516	890
2.72	60	27	5	2182	912
2.68	30	21	8	1814	913
2.78	5	2	1	224	906
2.96	5	0	5	163	890
2.83	35	28	9	2211	906
2.62	30	24	5	2048	921
2.66	30	24	5	2048	925
2.86	33	29	10	2395	913
2.62	22	19	6	1311	905
2.76	3	4	0	168	899
2.80	2	8	3	527	882
2.86	32	31	9	2012	896
2.95	14	9	6	752	911
2.93	13	7	6	741	889

2.17	10	6	1	466	.884
2.87	39	22	11	2028	.896
2.65	10	5	1	762	.904
2.89	20	19	5	1512	.904
2.89	28	33	29	2157	.902
2.59	15	7	4	859	.922
2.90	11	11	4	766	.988
2.29	6	13	2	620	.890
2.97	32	31	10	2252	.902
2.11	6	4	0	355	.921
2.83	4	7	1	391	.908
2.13	13	19	8	1147	.894
3.52	1	4	0	178	.888
1.33	0	1	0	42	.835
2.76	26	9	2	2022	.902
2.39	7	3	4	423	.920
2.44	4	2	1	262	.924
2.66	6	13	1	629	.916
3.33	3	10	4	660	.891
3.06	1	8	2	243	.893
2.40	0	10	0	200	.873
3.06	28	33	12	2343	.903
1.30	3	0	0	95	.958
2.83	10	11	7	949	.913
2.32	10	28	3	1232	.892
3.54	23	39	10	2280	.900
2.44	20	20	9	1979	.915
2.50	10	9	3	739	.892

4.11	0	0	0	36	.861
3.14	30	30	12	2366	.902
3.25	13	16	4	1050	.893
3.28	13	15	3	957	.897
3.79	1	5	1	232	.892

3.46 27 36 8 2252 .889

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dc-Philadelphia	71	44	19	4	4	228	190	96	21-10-2-2	23-9-2-2	4-4-1-1	W1
d-Washington	73	42	21	5	5	198	176	94	22-8-2-2	20-13-0-0	9-1-0-0	W1
d-Boston	71	39	22	5	5	213	175	88	16-12-3-2	29-10-2-3	4-4-2-0	L2
Pittsburgh	73	42	23	5	3	213	181	92	22-13-0-2	20-10-3-3	6-2-2-0	W1
Tampa Bay	72	39	22	5	6	214	217	89	22-9-1-4	17-13-4-2	2-4-2-2	L2
Montreal	73	40	26	4	3	200	185	87	22-9-3-3	18-17-1-0	7-3-0-0	W1
NY Rangers	73	39	30	2	2	215	179	82	17-17-1-2	22-13-1-0	6-4-0-0	W4
Buffalo	72	35	28	8	1	214	208	79	16-16-3-1	19-12-5-0	5-3-2-0	L1
Carolina	72	33	29	5	5	201	214	76	19-12-2-2	14-17-3-3	4-5-1-0	W1
Toronto	73	32	31	5	5	192	225	74	17-14-3-4	15-17-2-1	5-4-1-0	W1
New Jersey	72	34	34	3	1	154	182	72	22-15-0-1	17-18-0-1	7-3-0-0	W1
Atlanta	72	30	30	5	7	202	237	72	15-14-2-5	15-16-3-2	5-4-1-0	L1
Florida	72	29	33	5	5	182	198	68	15-15-4-4	14-18-0-1	3-4-2-1	L1
NY Islanders	73	28	33	7	5	203	232	68	16-15-1-4	12-18-6-1	5-1-3-1	W1
Ottawa	72	27	36	5	4	164	223	63	13-19-2-3	14-17-3-1	6-4-0-0	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	73	47	17	4	4	238	172	103	25-8-1-4	22-9-3-1	8-2-0-0	L1
Detroit	73	43	21	6	3	237	209	95	19-11-4-2	24-10-2-1	4-3-1-2	L2
San Jose	73	42	23	4	4	211	191	92	20-11-2-3	22-12-2-1	5-3-0-2	W3
Phoenix	74	39	24	7	4	213	207	89	17-12-4-2	22-12-3-2	6-3-1-0	L1
Los Angeles	72	40	26	4	2	197	176	86	20-12-3-0	20-14-1-2	5-3-2-0	L2
Chicago	72	39	25	3	5	224	202	86	22-14-0-4	17-11-4-4	6-2-1-1	W1
Nashville	73	38	25	6	4	190	172	86	19-9-4-3	19-18-1-1	6-2-1-1	W3
Anaheim	72	40	27	3	2	204	208	85	23-12-1-1	17-15-2-1	8-2-0-0	W3
Dallas	72	38	25	3	6	203	202	85	20-11-2-5	18-14-1-1	5-2-2-1	L1
Calgary	74	37	27	4	6	226	214	84	22-12-1-1	15-15-3-3	5-4-1-0	L1
Minnesota	73	35	30	3	5	185	204	78	17-14-2-3	18-16-1-2	2-6-2-0	L6
Columbus	72	33	29	4	6	195	218	76	16-16-1-3	17-13-3-3	2-5-1-2	L1
St. Louis	72	32	31	4	5	201	214	73	20-12-1-3	12-19-3-2	4-6-0-0	L2
Colorado	71	27	36	7	1	198	250	62	14-17-4-0	13-19-3-1	1-8-0-1	W1
Edmonton	72	23	39	2	8	175	237	56	12-20-1-4	11-19-2-3	3-5-1-1	L6

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W/L column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Last night's results

Pittsburgh 5 Detroit 4 (OT)

Calgary at Los Angeles

Sunday's results

Montreal 8 Minnesota 1

Anaheim 5 Calgary 4 (OT)

Chicago 2 Phoenix 1

Nashville 4 Buffalo 3 (OT)

New Jersey 3 Columbus 0

N.Y. Rangers 5 Pittsburgh 2

Tonight's games

All Times Eastern

New Jersey at Boston, 7 p.m.

Florida at N.Y. Rangers, 7 p.m.

Washington at Philadelphia, 7 p.m.

Ottawa at Carolina, 7 p.m.

Buffalo at Montreal, 7:30 p.m.

N.Y. Islanders at Tampa Bay, 7:30 p.m.

Edmonton at Nashville, 8 p.m.

Toronto at Minnesota, 8 p.m.

Columbus at Colorado, 9 p.m.

St. Louis at Phoenix, 10 p.m.

Tonight's games

New Jersey at Boston, 7 p.m.

Florida at N.Y. Rangers, 7 p.m.

Washington at Philadelphia, 7 p.m.

Ottawa at Carolina, 7 p.m.

Buffalo at Montreal, 7:30 p.m.

N.Y. Islanders at Tampa Bay, 7:30 p.m.

Edmonton at Nashville, 8 p.m.

Toronto at Minnesota, 8 p.m.

Columbus at Colorado, 9 p.m.

St. Louis at Phoenix, 10 p.m.

PENGUINS 5, RED WINGS 4 (SO)

First Period

1. Pittsburgh, Dupuis 12 (Conner, Staal) 15:14

2. Pittsburgh, Kunitz 22 (Dupuis, Letang) 19:17

Penalties — Ericsson Det (holding) 11:56, Staal Pgh (hooking) 15:42.

Second Period

3. Pittsburgh, Dupuis 13 (Staal, Lovenjoh) 10:51 (sh)

4. Pittsburgh, Kennedy 17 (Kunitz, Adams) 13:16

5. Detroit, Zetterberg 21 (Cleary, Stuart) 17:41

Penalties — Niskanen Pgh (boarding) 9:24, Bertuzzi Det (interference) 18:31.

Third Period

6. Detroit, V.Filippula 16 (Stuart, Holmstrom) 1:57

7. Detroit, Cleary 24 (Kronwall, Lidstrom) 8:06 (pp)

8. Detroit, Modano 3 (V.Filippula, Lidstrom) 10:27 (pp)

Penalties — Letang Pgh (cross-checking) 7:00, Kovalov Pgh (holding) 9:08, Kronwall Det (interference) 16:12.

Overtime — No Scoring.

Penalties — None.

Shootout

Pittsburgh wins 1-0

Pittsburgh (1) — Kovalev, miss; Letang, miss; Neal, goal.

Detroit (0) — Bertuzzi, miss; Modano, miss; Cleary, miss.

Shots

Pittsburgh 8 8 5 4 —25

Detroit 11 12 14 4 —41

Goal (shots-saves) — Pittsburgh: B. Johnson (W,11-5-3); Detroit: Howard (15-11), MacDonald (L,4-4-2)(13:16 second)(10-10).

Power plays (goals-chances) — Pittsburgh: 0-3; De-

troit: 2-4.

Referees — Chris Lee, Kevin Pollock. Linesmen — Scott Driscoll, Darren Gibbins.

Att. — 20,066 (20,066) at Detroit.

SUNDAY

DUCKS 5, FLAMES 4 (OT)

First Period

1. Anaheim, Getzlaf 18 (Perry) 1:18

2. Anaheim, Perry 38 (Selanne, Getzlaf) 3:36 (pp)

3. Anaheim, Beauchemin 4 (Koivu, Selanne) 5:49

4. Calgary, Kostopoulos 7 (Stajan, Jackman) 18:52

Penalties — Resegh Cal (hooking) 2:44, McMillan Ana (hooking) 13:43, Perry Ana (boarding) 16:23.

Second Period

5. Calgary, Bourque 25 (Glencross, Kostopoulos) 8:04

6. Calgary, Kostopoulos 8 (Staios, Glencross) 16:44

Penalty — Blake Ana (high-sticking) 12:08.

Third Period

7. Calgary, Iginia 33 (Tanguay, Giordano) 7:10 (pp)

8. Anaheim, Selanne 22 (Getzlaf, Visnovsky) 17:59 (pp)

Penalties — Fowler Ana (cross-checking) 5:45, Stajan Cal (hooking) 12:12, Bourque Cal (interference) 16:58.

Overtime

9. Anaheim, Perry 39 (Lydman, Getzlaf) 2:38

Missed penalty shot — Ryan Ana, 2:34.

Penalties — None.

Shots

Calgary 12 13 14 2—41

Anaheim 9 9 11 4—33

Goal (shots-saves) — Calgary: Kiprusoff (5-2), Karlsson (L,4-5-5)(5:49 first)(28-26); Ana-

heim: Ellis (W,19-9-7). Power plays (goals-chances) — Calgary: 1-4; Anaheim: 2-3.

Referees — Kelly Sutherland, Dean Morin.

Linesmen — Shane Heyer, Jean Morin.

Attendance — 15,177 (17,174).

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	38	55	93
Stamkos, TB	43	43	86
H.Sedin, Vcr	18	68	86
St. Louis, TB	26	59	85
Zetterberg, Det	39	40	79
Perry, Ana	29	48	77
Ovechkin, Wash	30	42	72
Toews, Chi	25	47	72
Kopitar, LA	20	52	72
Zetterberg, Det	33	38	71
Iginia, Cal	34	34	68
Sharp, Chi	25	42	67
B.Richards, Dal	22	45	67
Selanne, Ana	32	34	66
Crosby, Pgh	23	43	66
C.Giroux, Pgh	31	34	65
Nash, Chi	36	28	64
Kesler, Vcr	29	35	64
E.Staal, Car	24	39	63
P.Kane, Dal	23	40	63
J.Carter, Pgh	33	29	62
Varek, Buf	25	37	62
Ribeiro, Dal	16	46	62
J.Thornton, SJ	19	42	61
Getzlaf, Ana	18	43	61
Ryan, Ana	32	28	60
Tavares, NYI	26	34	60
Havlat, Minn	21	39	60
M.Richards, Pgh	21	40	60
Briere, Pgh	31	28	59
Marleau, SJ	28	31	59
Heatley, SJ	24	34	58
Tanguay, Cal	19	39	58
Pavelski, SJ	17	41	58
Visnovsky, Ana	14	44	58
Datsyuk, Det	22	35	57
J.Williams, LA	22	35	57
Yandle, Pgh	11	46	57
Duchene, Col	23	33	56
Kreji, Bos	12	44	56
Clowe, SJ	23	32	55
Doan, Pgh	18	37	55
Backstrom, Wash	17	38	55
Lidstrom, Det	14	41	55
Kessel, Tor	28	26	54
Bacques, STL	26	28	54
M.Koivu, Minn	17	37	54
Lucic, Bos	27	24	53
Grabosky, Tor	27	26	53
Ladd, Atl	26	27	53
Plekane, Mtl	21	32	53
MacArthur, Tor	20	33	53

Last night's games not included

	W	L
At Esbjerg, Denmark	4	1
Toronto (skipped)	3	2
Sweden (Norberg)	3	2
China (B.Wang)	3	2
Denmark (Nielsen)	3	2
Norway (Githmark)	3	2
Russia (Privivkova)	3	2
Scotland (Sloan)	3	2
Switzerland (Ott)	3	2
Canada (Holland)	2	3
Czech Rep. (Kubekova)	2	3
Germany (A.Schopp)	2	3
U.S. (Lank)	2	3
South Korea (Kim)	0	5

Yesterday's results

	W	L
Sixth Draw	3	2
Scotland 7 Canada 3	3	2
China 9 Czech Republic 3	3	2
Russia 11 U.S. 4	3	2
Switzerland 8 South Korea 6	3	2

	W	L
Seventh Draw	3	2
Canada 7 Norway 5	3	2
Denmark 9 Czech Republic 2	3	2
Scotland 9 Germany 3	3	2
Sweden 7 China 5	3	2

	W	L
Eighth Draw	3	2
Denmark 6 Switzerland 3	3	2
Norway 9 Russia 8	3	2
Sweden 10 South Korea 7	3	2
U.S. 9 Germany 4	3	2

	W	L
Today's games	3	2
Ninth Draw	3	2
Canada vs. Czech Rep.; Norway vs. Germany;	3	2
Scotland vs. China; Sweden vs. Denmark.	3	2

	W	L
Draw 10	3	2
Norway vs. Denmark; U.S. vs. South Korea;	3	2
Germany vs. Sweden; Russia vs. Switzerland.	3	2

	W	L
Draw 11	3	2
China vs. Switzerland; Scotland vs. Russia;	3	2
U.S. vs. Canada; South Korea vs. Czech Rep.	3	2

	W	L
GOLF	3	2
Men's World Championship	3	2
Through March 20	3	2

	W	L
Through March 20	3	2
1. Martin Kaymer	Ger	7.98
2. Lee Westwood	Eng	7.99
3. Luke Donald	Eng	6.64
4. Graeme McDowell	Nir	6.28
5. Tiger Woods	USA	5.94
6. Phil Mickelson	USA	5.88
7. Paul Casey	Eng	5.74
8. Rory McIlroy	Nir	5.54
9. Matt Kuchar	USA	5.40

MLB

SPRING TRAINING

Monday's results

Tampa Bay 3 N.Y. Yankees 1
Philadelphia 4 Boston 1
Minnesota 4 Pittsburgh 1
N.Y. Mets 8 Atlanta 7
Washington 7 St. Louis 2
Detroit 9 Houston 1
Cleveland vs. Kansas City (ccd., rain)
Oakland at L.A. Dodgers (ccd., rain)
Seattle vs. Cincinnati (ccd., rain)
Texas at Milwaukee (ccd., rain)
Chicago Cubs at L.A. Angels (ccd., rain)
Colorado at San Francisco (ccd., rain)
L.A. Dodgers (ss) at Arizona
Chicago White Sox at San Diego

Bonds trial for perjury begins with jury selection

More than three years after he was indicted, Barry Bonds' perjury trial started yesterday with 40 jurors quickly getting dismissed from a prospective jury pool of slightly more than 100 people.

U.S. District Judge Susan Illston excused one juror because of a death in a family. A second person was dismissed because of his allegiance to the San Fran-

cisco Giants.

"I'm a Barry Bonds fan and I'm a huge SF Giants fan. It's my life. I don't know if I could judge Mr. Bonds after providing me with so much entertainment. It's an intimate relationship," prospective juror No. 22 wrote on a questionnaire he filled out Thursday. "I don't think I could find him guilty."

The judge has sealed the

prospective jurors' names until after the trial concludes. No. 22 identified himself as age 35 and working at Target as an "in-stock team member."

Illston also granted the request of both sides to dismiss another 38 prospective jurors with perceived biases.

The trial is scheduled to last between two to four weeks. **THE ASSOCIATED PRESS**



► Barry Bonds

Apartment Finder

To advertise contact Jason Saddler at 416-443-4394

find us
follow us
like us

We're all over your city in more ways than one. Metro brings you breaking news and great reviews.

metro

EGLINTON-KIPLING
53 Warrender Ave.

2 Bd from \$1200
RENOVATED SUITES
Avail. Immediate & Later

Beautiful tree setting, near schools, TTC, 427/401 & airport, shopping, CAC avail, Prkg, Hydro, Indoor Pool, Fitness Facility, Security

APPLY 1450 KIPLING,
S.W. OF EGLINTON **416-231-2003**
WWW.PRINCESSMGMT.COM

ROYAL YORK & DUNDAS

Prestigious Kingsway Area
Renovated Suites Available

1 bedroom from **\$990**
2 bedrooms from **\$1390**

Beautiful Tree Setting
Outdoor Pool, Close to Shops, TTC
prkg/hydro extra

416.207.1792
WWW.PRINCESSMGMT.COM

Pharmacy & Danforth Ave.

1&2 bdrms from \$835 prkg. extra

Utilities included, New kitchen & bathroom
on select suites, security, shops on site,
short walk to Victoria Park subway

Mon-Fri 9-5 Sat 12-5
416.694.3187
416.698.7233
WWW.PRINCESSMGMT.COM

JANE/STEELES
310/320 Niska Road (north york)

FRESHLY PAINTED AND WELL MAINTAINED

Spacious 2 bdrm units from \$900/mo.

Walk to York University
Parking Available
Large balconies

Call 416-720-9500

CARLTON & YONGE
33 Wood St. Apartments

LARGEST 2 Bedroom suites in the area!!

CALL US NOW!!

FURNISHED SUITES
available now!
Unfurnished suites available as well.

416-593-1772

THERE ARE BETTER WAYS TO MAKE YOUR VOICE HEARD
JOIN AT METROLIFEPANEL.CA



Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

MORTGAGE APPROVED!

- 1st and 2nd Mortgage for any purpose.
- Purchase or re-finance up to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good, bad or no credit?
- Behind in Mortgage Payments?

CALL TODAY FOR DETAILS
HOMELAND MORTGAGE
416-913-9593
OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG

MoneyProvider.com

\$500 Loan

Fast, easy and secure

No credit refused

www.moneyprovider.com
1-877-776-1660

CREDIT PROBLEMS?
Pay NO Interest!

Consolidate All Your Debts Into ONE SMALL MONTHLY PAYMENT!

We beat any offer in Ontario **GUARANTEED!**

\$ SAVE \$ MONEY **EMPIREONE CREDIT SOLUTIONS**
Free & Private Consultation

Call Now..416-900-2324

SCARBOROUGH 250 Consumers Rd. Suite 810	PICKERING 1550 Kingston Rd. Suite 202	NORTH YORK 1111 Finch Ave. W. Suite 207	MISSISSAUGA 165 Dundas Ave. W. Suite 307
---	---	---	--

FinancialProblem™
with Credit Cards - Loans - Taxes?

Consolidate & Reduce your DEBTS by up to 80%...!!

Make One Small Interest-free Monthly Payment.

Credit MANAGEMENT SERVICES™
416.780.1020
www.cmsgroup.ca
Toronto | Mississauga | Scarborough

We can stop threatening calls & legal actions.

Need a loan?
Bankrupt? Proposal? Bad Credit?

Open, affordable loans that rebuild your credit!

- Car paid off - up to \$20,000 (6 years or newer)
- Personal Loan up to \$3,000 (1 year on job; \$16/hr. min.req.)

Prudent Financial Services
The leader in bad credit loans since 1984.
416-634-2013
PrudentLoanApprovals.com

Debt Relief
Are you struggling with debts?

Let us help you:

- consolidate debts and make low monthly payments
- settle debts without bankruptcy, no interest
- reduce the amount to pay back
- stop harassing calls, letters & garnishments

Nona Ramcharan
Estate Administrator
Credit Counsellor

Free Confidential Consultation
Direct Line: 416-455-7709

RUMANEK & CO. LTD.
Administrators of Proposals, Trustees in Bankruptcy & Debt Consolidation Arrangements
Head Office in North York, ON Offices in Scarborough & Mississauga • Tel: 416-665-DEBT

STRESSED ABOUT DEBT?

More people talk to BDO for debt solutions than anyone else in Canada. And we've been doing it for over 50 years. It won't cost you anything to call. You'll feel a whole lot better when you do. BDO helps you take control of debt.

Credit & Debt Counsellors | Proposal Administrators | Trustee in Bankruptcy

Tel: 416 865 0210 Toll free: 800 561 DEBT
bdodebt@help.ca

BDO

DO YOU HAVE LOCKED-IN PENSION MONEY?

You can have your money from a former pension if you are in financial problems.

(416)832-4468
Pension Benefits Claims

LEGAL

SIMPLE (UNCONTESTED)
DIVORCE
ezdivorce.ca

1-888-EZ-EZ-123
3 9 3 9

Lawyer-prepared and filed for you
Member Better Business Bureau

PSYCHIC

DO NOT BELIEVE IN WITCHES THAT THEY EXIST. EXIST...

- SHAMAN, INDIAN, GURU, HEALER OF BIRTH
- CONNOISSEUR IN ALL THE SECRETS OF THE ART OF THE LOVE. RETURN YOUR LOVE ON IMMEDIATELY.
- SPIRITUAL HEALING AND EXORCISMS.
- WE CLEAN HOUSES AND BUSINESS.
- I DO NOT HAVE MARGIN OF ERROR.
- 33 YEARS OF EXPERIENCE.
- I AM RIGHT WHERE OTHERS FAIL.
- "ANY PROBLEM HAS SOLUTION"
- "ANY ILLNESS HAS HEALING"

I was diagnosed with cancer prostate and I was losing my vital power but I realized that the real reason of it was the curse that INDIAN SHAMAN could remove with ancient rituals. Now we are happy again enjoying our sexuality. **ANGELO**

I HAVE THE SECRETS AND PRAYERS TO WIN IN THE GAMES. I SHOW YOU THE FACE OF YOUR ENEMY, TAROT, RUNAS, CARACOLS.

WE ALSO SPEAK SPANISH
100% GUARANTEE
647-349-7644

REAL ESTATE

SELL SMART

ARE YOU THINKING OF BUYING OR SELLING A HOME

FREE MARKET EVALUATION

RICK JOSHI
REAL ESTATE BROKER
(416)822-9721
www.rickjoshi.ca
Right At Home Realty
BUY SMART

MORTGAGES

1st & 2nd Mortgages
Debt Consolidation
Low Rates, No Fees
Bad Credit Welcome

CREDIT APPROVED

*terms and conditions apply Lic# M08000730

www.mortgagegenie.org
416-667-9834

NEED MONEY?

✓ No credit checks
✓ Fast approvals

Call 1-866-499-5629

And get cash now!!
www.mynextpay.com

THERE ARE BETTER WAYS TO MAKE YOUR VOICE HEARD
JOIN AT METROLIFEPANEL.CA

metro life panel

HELP WANTED

General Help

NOW HIRING!
TELECOM POSITIONS
Youth Apprenticeship Standards Council
is an official recruiter for
BELL.
No Experience - No Problem
Please bring your resume, 2 pieces of
government photo ID, a driving abstract and
\$40 for a Criminal Record check.
To Book your appointment today please
Call: 1-888-501-9272
www.belljobs.ca

Seeking Employment

FREELANCE PARALEGAL
traffic tickets, Immigration, personal injury,
marketing, Power of Attorney, trustee, etc.
1-647-862-6863

TWO HANDY MEN AND A VAN
Carpentry, painting, junk removal, free-
scrap pick up, cleaning and transporting of
goods and much more. 1-647-862-6863

Skilled and Technical Help

The Createch Group
A Bell Canada COMPANY
CONSULTANTS WANTED!
The Createch Group is seeking technical and
functional application software consultants to
join our growing professional services team in
Hamilton. We offer competitive salaries and
equal opportunities for all. If you have a com-
puter science background, JAVA technologies
experience or knowledge of IBM Tivoli Max-
imo software, and are looking for exciting
challenges to enhance your career, don't wait!
Send your resume to
recruitment@thecreatechgroup.com.
To see full job postings for all of our open
positions visit the Careers section of our
website at www.thecreatechgroup.com.

REAL ESTATE

Condos, Townhouses & Duplexes For Sale

Bachelor in quiet, safe area. \$1200/month,
utilities included. Onsite washer & dryer in-
cluded, 2 mins to Yonge/Bloor subway.
Please call Ronald at 416-434-4000 9am-9pm

MERCHANDISE

Merchandise for Sale



BEAUTIFUL REIKI - METAPHYSICAL - AGATE ITEMS.

Beautiful Agate Reiki & Metaphysical
Items (Pendulums, Wands, Markaba
Stars, Arrow Heads) and Agate Jew-
ellery (Necklaces, Pendants, Bracelets)
available @ reasonable prices
Call ENCHANTE STONES - 647-343-
4355 for an Appointment and our
Sales Representative will drop in to
see you.
Limited Time Offer. No obligation.
First Call First Serve Basis

Herman's Used Forklifts, Tools & Machinery LTD.

55 Brisbane Rd.
North York, On
www.hermanstools.com
1-855-HERMAN-5

Merchandise for Sale



Pallet Trucks Euro Lift and Husky
\$299 - \$399
Brand New Pallet Trucks 5500LB
3YRS WARRANTY
27X48IN STRONG BUILT
416 241 1800
www.hermanstools.com

PERSONALS

Personals

Amanda Marie Smith
(Date of Birth: Oct 16, 1985):
Please call Amanda Rose at
(416) 969-8510 ext 3226.

Discreet California blonde seeks erotic bene-
factor, please email to receive my Top Secret
private modelling website URL & tel#
agentprovocatour@rogers.blackberry.net

SERVICES

Child Care

Looking for Slovak & English speaking live in
caregiver for 1 yr old girl/F/T (M-F), 40hrs.wks,
\$10.50/hr. Min. 1 yr exp. First Aid Certif. re-
quired. Resume @ fax (416) 424-1295

HEALTH & BEAUTY

Massage/Therapists

Golden Palm Rehab - ONLY \$71/90mins
8364 Woodbine Ave. Markham, Tel: 905-
604-7222 http://www.gprehab.com
10:00am - 11:00pm (Insurance ACCEPTED)

Health Practitioners

Nutritional immunology is the new science
that studies the relationship between nutri-
tion and the functioning of the immune sys-
tem, which fights more than 90% of the
diseases in our body such as cancer, high
blood pressure, high cholesterol, diabetes,
asthma, allergies, influenza, rheumatoid
arthritis, multiple sclerosis and so on. The
seminar will tell you:
• What is the Immune System?
• How Diseases Relate to Immune System?
• Contact Priscilla at:
647-280-3288

Fitness

**FREE BOXING AND KICKBOXING CLASS FOR
1 MONTH**
Get in shape, lose weight, and feel great
Call now 647-300-8266

HOUSEHOLD SERVICES

Movers

NRG Movers Inc
16, 18, and 24 foot trucks available!
www.nrgmoversinc.ca
We can make a deal! 416-985-1262

ANNOUNCEMENTS

Community Events

LOOK!

Registered Nurses
Learn how to Operate your Own Company
Upcoming Workshop
April 2nd 2011
Mississauga, ON
View Details
www.IPNIG.ca
Act Quickly FREE Registration

Meetings & Reunions

Announcement



Are you an injured worker?
Are you concerned about the way the WSIB
treats you and other injured workers? Workers
are meeting to discuss injured workers' de-
mands and organizing opportunities around
the upcoming Provincial election. Light re-
freshments will be provided. Date: Wednes-
day March 23, 2011 at 6:00 pm Location: 25
Cecil St. (United Steelworker's Hall) For further
information and to confirm your attendance,
call 416-924-6477
IAVGO
489 College St., Suite 203, Toronto, ON

MISCELLANEOUS

Miscellaneous

TOP \$\$\$ FOR GOLD & SILVER, ETC.
Will come to you. Fast pick-up.
No questions asked.
1-647-273-9860

Education

All ESL COURSES AT \$7 PER HOUR
Days/Evenings
CCE offers courses ESL, TOEFL, IELTS, TOEIC,
Quickbooks, Math, GMAT and all language
courses: French, English, Arabic, Japanese,
Korean, Spanish, Mandarin, Italian, Russian,
Persian and more...
Visit www.cce.ca or call 416-926-0540

RACK' EM UP!

Bring some of our half million* readers to your business.
To order your Metro newspaper rack for your retail store and/or office building, please
contact Metro at 416-486-4900 ext. 331 or email toronto_distribution@metronews.ca

*Source: IAD Bank 2009/10; Base: Toronto CMA, Age 18+ \$55,800 daily readers



metro
News worth sharing.

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Amy & Matt are shakin' up

Follow their story at metroclassifieds.ca
To place a classified ad, call 1 800 527-6767

THERE ARE BETTER WAYS TO MAKE YOUR VOICE HEARD

Join the METRO LIFE PANEL and have your voice heard
alongside other readers of the world's largest newspaper.

Metro Life Panel is an online research panel where your
opinions count! When you participate, your voice joins
thousands of others in 10 countries. Sign up at
metrolifepanel.ca and join the global conversation!

JOIN AT METROLIFEPANEL.CA

metro
life panel



Use your mobile application

Deals of the week

CARIBBEAN & MEXICO | AIR, HOTEL & TRANSFERS

CUBA | Cayo Coco/Cayo Guillermo
Emperador Laguna Villas & Resort 
All-Inclusive • Club Laguna rm. • Apr. 2, 3, 9 & 10 • 1 wk.

\$699

Add taxes & other fees: \$160
Departure tax: 25 CUC cash, paid locally

CUBA | Varadero
Allegro Varadero 

\$789

All-Inclusive • Superior rm. • Apr. 9 - 17 • 1 wk.
Departure tax: 25 CUC cash, paid locally • Add \$50 for Sat. & Sun. departures

CUBA | Holguin
Sirenis Playa Turquesa 

\$799

All-Inclusive • Superior rm. • Apr. 2 - 23 • 1 wk.
Departure tax: 25 CUC cash, paid locally • Add \$60 for Sat. departures

BAHAMAS | Nassau
Atlantis, Paradise Island 

\$1119

Promo - Beach Tower - Terrace view rm. • May 8, 15, 22 • 4 nts.
4TH NIGHT FREE! • COMPLIMENTARY DAILY AMERICAN BREAKFAST

BAHAMAS | Exuma
Augusta Bay 

\$1189

Continental breakfast • Oceanview twin rm. • Apr. 24 • 1 wk.
Add taxes & other fees: \$170

JAMAICA
Gran Bahia Principe Jamaica  PRIVILEGES
All-Inclusive • Junior suite • Apr. 5 - 7, 11 - 14 & 19 • 1 wk.

\$1249

Add taxes & other fees: \$132

ARUBA
The Westin Resort & Casino, Aruba 
Guest rm. • Apr. 2 & 9 • 1 wk.

\$1549

Add taxes & other fees: \$179

MEXICO | Cancun/Riviera Maya
Gran Bahia Principe Tulum  PRIVILEGES
All-Inclusive • Standard rm. • June 3, 5 & 6 • 1 wk.

\$749

Add taxes & other fees: \$250

MEXICO | Los Cabos PRIVILEGES
Barceló Los Cabos Palace Deluxe 
All-Inclusive • Junior suite deluxe • Apr. 9 • 1 wk.

\$1349

Add taxes & other fees: \$260

DOMINICAN REPUBLIC | Puerto Plata
Bahia Principe San Juan  PRIVILEGES
All-Inclusive • Standard rm. • Apr. 8 & 15 • 1 wk.

\$769

Add taxes & other fees: \$184

DOMINICAN REPUBLIC | Samana
Gran Bahia Principe Cayacoa  PRIVILEGES
All-Inclusive • Standard rm. • Mar. 26 & 27 • 1 wk.

\$799

Add taxes & other fees: \$184

DOMINICAN REPUBLIC | Punta Cana
Occidental Grand Punta Cana 
All-Inclusive • Junior suite • May 13 & 20 • 1 wk.

\$849

Add taxes & other fees: \$184

COSTA RICA | Liberia
Occidental Grand Papagayo 
All-Inclusive • Deluxe rm. • Apr. 3 & 7 • 1 wk.

\$1199

Departure tax: 26 USD cash, paid locally • Add \$50 for Sun. departures

BARBADOS
The Crane Residential Resort  PRIVILEGES
Junior garden view suite • Apr. 9, 10, 12 - 14, 19 & 20 • 5 nts.

\$1399

Add taxes & other fees: \$115

SIRENIS HOTELS & RESORT

AIR, HOTEL & TRANSFERS • ALL-INCLUSIVE • 1 WEEK

CUBA | Varadero
Sirenis La Salina Varadero Beach Resort 
Standard rm. • May 7, 8, 14 & 15

\$869

Add taxes & other fees: \$160
Departure tax: 25 CUC cash, paid locally

Standard rm. • Apr. 23 & 24

\$979

Add taxes & other fees: \$160
Departure tax: 25 CUC cash, paid locally



Sirenis La Salina Varadero Beach Resort

USA | AIR & HOTEL • 3 NIGHTS • RECEIVE 2 TICKETS TO CIRQUE DU SOLEIL AND MORE²

NEVADA | Las Vegas
Excalibur Hotel & Casino 
Hotel rm. • May 30

\$559

Add taxes & other fees: \$132

NEVADA | Las Vegas
Luxor Las Vegas 
Pyramid rm. • May 30

\$589

Add taxes & other fees: \$132

EUROPE | AIR & HOTEL • BREAKFAST • 4 NIGHTS

FRANCE | Paris
Magenta Paris 
Standard double rm. • May 4, 11 & 12

\$719

Add taxes & other fees: \$462

ENGLAND | London
Hotel Ibis Earls Court 
Standard rm. • Apr. 27, 28 May 4 & 5

\$819

Add taxes & other fees: \$525



INTERNATIONAL CRUISES | AIR & CRUISE



Book EARLY and SAVE

Norwegian Cruise Line WAVE SALE³ Book any Air & Cruise package by Mar. 27, 2011 and

Get a **FREE** ROOM UPGRADE up to 4 categories

+ GET OVER **\$400** in rebate coupons



Rewarding Life

Earn up to 7,400 Aeroplan® Miles per member¹

Find us on



Follow us on



AirCanadaVac

Fly in style - Upgrade to Executive Class® service or Comfort Plus seating on select flights

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Prices are in Canadian dollars, are valid for bookings made on Mar. 22, 2011, apply to new bookings only and for departure dates as indicated. Prices are per person based on double occupancy, unless otherwise stated, from Toronto - Pearson International Airport in Economy class. Non-refundable. Limited quantity and subject to availability at time of booking. Not applicable to group bookings. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #50015537. Aeroplan Miles vary based on points of departure and destination. For details, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ¹Valid for travel from Feb. 7 and completed by August 20, 2011 in Beach, Coral and Royal Towers. Minimum of 4 nights stay. ²Valid on Air & Hotel bookings to select MGM Resorts International. Book by Apr. 4 for travel from Mar. 27 and completed by Sept. 8, 2011. In your booking confirmation e-mail, you will receive a link which will provide show information and reservation instructions. All show tickets must be reserved by 6 p.m. PT on Apr. 5, 2011. Please be sure to use the first surname as it appears on your Air & Hotel booking. Conditions apply. Visit aircanadavacations.com for full details. ³This offer is applicable to all destinations and sailings that are open for sale. Mention program code: POWAVE. Restrictions may apply. Upgrades available within like categories only i.e. inside to inside. One booklet per stateroom. NCL Corporation Ltd. ships' registry: The Bahamas and United States of America. ⁴Aeroplan is a registered trademark of Aeroplan Canada Inc. ⁵Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 5925 Airport Road, Suite 700, Mississauga, ON. Visit www.aircanadavacations.com for up-to-date information.

TRIPLE SAVINGS!

40% OFF EYEGLASSES

- All Frames
- All Lenses
- All Options
- See Optician for details.
- Offer ends March 31, 2011.

Get an Additional
10% off

- Valid with the 40% off eyeglasses offer.
- Offer ends March 31, 2011.

Free \$20 Gift Card
with eyeglass purchase

- Must present this offer to receive the \$20 gift card.
- Gift card will be delivered via post mail 4-6 weeks after purchase.
- Offer ends March 31, 2011.



CALL TODAY FOR AN EYE EXAM

**Queen Street
Bloor & Yonge**

**Yorkdale Mall
Fairview Mall**

**Sherway Gardens
Scarborough Town Centre
Eglinton Square
Oshawa Centre**

(416) 861-6201
(416) 972-3352
(416) 789-8636
(416) 491-2010 x264
(416) 626-4711
(416) 296-0555
(416) 759-4771
(905) 571-1211



the **Bay**
OPTICAL